

Kickoff Fall Prevention Awareness Week with the first ever virtual Standing Strong Fall Prevention Webinar on **Saturday, September 19<sup>th</sup> at 10 am.**

To register for Saturday's event, call 1-800-SCRIPPS or [click here](#).

Join us for **Fall Prevention Awareness Week 2020, September 21-25** to learn more about the common causes of falls and practical strategies to prevent them. Classes are free and accessible on Zoom! **Advanced registration is required for each of the workshops below.**

Mon. September 21	Tue. September 22	Wed. September 23	Thu. September 24	Fri. September 25
<p><b><u>Fall Prevention 101</u></b> 9 a.m. – 10 a.m. Kristen Smith, MPH, AIS Ning Lu, MD, Scripps Health</p> <p><b><u>Tai Chi: Moving for Better Balance</u></b> *Active Class 11 a.m. – 12 p.m. Cassandra Wang, BS, ATCQ1, CGFI, AIS</p> <p><b><u>Keeping Your Daily Balance</u></b> *Active Class 12:30 p.m. – 1:30 p.m. Danica Edelbrock, MS, Exercise Physiologist, Scripps Health</p> <p><b><u>Understanding and Preventing Falls From the Perspective of First Responders</u></b> 2 p.m. – 3 p.m. Ennis C. Jackson, Paramedic, AMR San Diego Scott Robinson, Captain, National City Fire Department Jon Blumeyer, Captain, Valley Center Fire Department</p>	<p><b><u>Fall Prevention Technology: It's More than Just a Button</u></b> 9 a.m. – 10 a.m. Fritzi Gros-Daillon, MS, CSA, CAPS, UDCP, Household Guardians</p> <p><b><u>Preventing Falls and Fractures: Tips to Maintain Physical Function</u></b> *Active Class 11 a.m. – 12 p.m. Dr. Jeanne Nichols, PhD, FACSM, San Diego State University Gretchen Vurbeff, MS, MA Exercise Physiologist, AIS</p> <p><b><u>Gait, Movement &amp; Coordination</u></b> *Active Class 12:30 p.m. – 1:30 p.m. Amy Callahan, CPT, LMT, Scripps Health</p> <p><b><u>Fall Prevention Conversation Tips for Caregivers</u></b> 2 p.m. – 3 p.m. Martha Rañón, Executive Vice President, Southern Caregiver Resource Center</p>	<p><b><u>Straight Talk with the Home Safety Sisters</u></b> 9 a.m. – 10 a.m. Caryn Leventhal, CAPS, Seniors' Choice Kindra French, CAPS, SHSS, 101 Mobility of San Diego</p> <p><b><u>Fall Prevention with Helpful Tips</u></b> *In partnership with the Caregiver Coalition of San Diego 11 a.m. – 11:30 a.m. Dr. Kim Bell, DPT, Kim Bell Physical Therapy</p> <p><b><u>Balance for Parkinson's</u></b> *Active Class 12:30 p.m. – 1:30 p.m. Danica Edelbrock, MS, Exercise Physiologist, Scripps Health</p> <p><b><u>Dizziness, Incontinence, and Foot Neuropathy</u></b> 2 p.m. – 3 p.m. Dr. Kim Bell, DPT, Kim Bell Physical Therapy</p>	<p><b><u>The Role of Vision in Falls</u></b> 9 a.m. – 10 a.m. Dr. Beth Sullivan, OTD, OTR/L, University of St. Augustine for Health Sciences</p> <p><b><u>Medication Management in Older Adults</u></b> 11 a.m. – 12 p.m. Laura Hart, PharmD, MS, BCPS, BCGP, UC San Diego Skaggs School of Pharmacy and Pharmaceutical Sciences</p> <p><b><u>Better Bones for Better Balance</u></b> *Active Class 12:30 p.m. – 1:30 p.m. Amy Callahan, CPT, LMT, Scripps Health</p> <p><b><u>Proper Dog Walking Tips: Make Your Next Stroll Falls Free</u></b> 2 p.m. – 3 p.m. Melissa Wogahn, MA, CSCS, NBC-HWC, Joy of Active Living Judi Bonilla, Director of Program Innovation, Advocates for Aging</p>	<p><b><u>Why Does Dementia Increase Fall Risk?</u></b> 9 a.m. – 10 a.m. Amy Abrams, MSW/MPH, Director of Education, Alzheimer's San Diego</p> <p><b><u>Kitchen Safety in a COVID-19 World</u></b> 11 a.m. – 12 p.m. Pamela Croft, Professional Organizer, Kitchen Angel Service</p> <p><b><u>Mind, Body, Balance</u></b> *Active Class 12:30 p.m. – 1:30 p.m. Danica Edelbrock, MS, Exercise Physiologist, Scripps Health</p> <p><b><u>Fall Prevention Screening and Getting Up Safely After a Fall</u></b> 2 p.m. – 3 p.m. Judy Verbanets MS, PT, Neurologic Specialist, Sharp Rees-Stealy</p>

**Advanced registration is required.** Workshops are limited to 100 participants.

For more information about each workshop and to register, please visit

[www.SanDiegoFallPrevention.org](http://www.SanDiegoFallPrevention.org). Questions? E-mail [HealthierLiving.HHSA@sdcounty.ca.gov](mailto:HealthierLiving.HHSA@sdcounty.ca.gov).

The Falls Free Initiative is a national effort led by NCOA to address the growing public health issue of fall-related injuries and deaths in older adults.