

Fall Prevention Awareness Week

September 20-24, 2021



COVID-19 has changed a lot of things. One thing that's still the same? **Falling is NOT a normal part of aging.**

Here are some steps you can take to prevent a fall:

- ✓ Answer 12 questions at [ncoa.org/Falls](https://www.ncoa.org/Falls) to assess your risk of falling
- ✓ Attend our free virtual event to learn more about older adult falls and local fall prevention programs

	Monday 9/20	Wednesday 9/22	Friday 9/24
9am – 10am	Fall Prevention: Reducing Your Risk and Fears Dr. Melissa Wolinski, D.O., MPH	The Impact of Nutrition on Preventing Falls Pey-Lih, M.Sc., RDN (Registered Dietician Nutritionist)	Hearing Loss and Fall Risk Nicole Ferguson, Au.D
10am – 11am	Feeling Fit Club Sample Class Gretchen Vurbeff, MA, MS, Exercise Physiologist	Tai Chi Moving for Better Balance Sample Class Ruth Cole, ATCQ3, HHP, OBT Cassandra Wang, BS, ATCQ1, CGFI	A Matter of Balance Sample Class Paige Colburn-Hargis Beth Sullivan, OTD, OTR/L
2pm – 3pm	Head to Toe Workout Danica Edelbrock, MS, Exercise Physiologist	Gentle Chair Yoga Amy Callahan, CPT, LMT	Healthy Bones for Better Balance Amy Callahan, CPT, LMT

Advanced registration is required for each Zoom workshop. Space is limited to the first **100** registrants. Reserve your spot today! For more information about the event or to register, please visit our website SanDiegoFallPrevention.org.

