

September is: National Fall Prevention Awareness Month

Did you know...



- every 14 seconds, an older adult is seen in the ER for a fall related injury?
- 1 in 3 seniors falls each year?
- falls are NOT a normal part of aging, and most can be prevented?

The National Council on Aging recommends these 6 tips to help reduce your risk

1. Find a good balance and exercise program.



2. Talk to your health care provider.

3. Regularly review your medications with your pharmacist.



4. Get your hearing and vision checked annually.



5. Keep your home safe by removing tripping hazards, increasing lighting and installing grab bars.

6. Talk to your family members and get their help to stay safe; falls are not only a senior's problem.

For more detailed information, instructions on how to get up after a fall, and a beginners exercise/balance program, join us for our

Falls Prevention Lecture

Monday, September 22 from 10:15am-11:15am

Bethel Senior Center

presented by:

