

# HOST A FREE Falls Prevention Training

Falling is not a normal part of aging and most falls can be prevented.

Learn how to reduce the risk of falling and how to prevent falls among older adults.



Falls prevention trainings can be hosted throughout Franklin County for both community members and private agencies.

One hour day or evening sessions are available.



[volunteermrc.org](http://volunteermrc.org)

**VISIT [VOLUNTEERMRC.ORG](http://VOLUNTEERMRC.ORG) OR CALL (614) 525-3608 TO LEARN MORE.**