What causes falls in older adults
Recognize risk factors for falls (home environment and medications) and what you can do to protect yourself and loved ones from a fall
Identify strategies and resources to reduce risk of falls (exercises to build strength)

Falls are a serious concern for older adults but they are preventable.

Mary Ann Janning at 614-525-3608
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QUESTIONS? CONTACT US.

The Franklin County and Columbus Medical Reserve Corps (MRC)
presents
MANAGING CONCERNS ABOUT FALLS
Falls are a serious concern for older adults but they are preventable.

MONDAY
September 23, 2019
1:00 PM to 2:30 PM
Bexley Public Library
2411 E. Main Street
Bexley, OH 43209

LEARN
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