



Fall Prevention 101

Stay active, independent, and injury-free by preventing falls! Join us for this presentation to discover practical strategies for reducing the risk of falls that come with age. The class will also cover how to manage vision and medical needs, eliminate tripping hazards at home, and choose the right support equipment to improve safety and mobility. There will be time for questions and discussion following the presentation.

Instruction for this program is provided by experts with Skagit Regional Health. It is free and open to anyone in the community.



WHEN:

Tuesday, April 29th
2:00 pm - 3:00 pm PST

WHERE:

In-Person at Stilly Valley
Health Connections

REGISTRATION:

To sign-up, please visit
stillyvalleyhealth.org or call
(360) 386-9918.

