



PRESENTED BY HEALTH & WELLNESS

FALL PREVENTION FAIR

**SAVE
THE DATE**

Thursday, September 24th

Location: Auditorium

8:30am-2:00pm

- ✓ Balance & Wellness Classes
- ✓ Medication Review and their effects on balance from OPD
- ✓ Interactive Home Safety Challenge
- ✓ Charm City Shoe Fittings
- ✓ Nutrition for Healthy Aging from a Registered Dietician
- ✓ Blaze Pods Demo
- ✓ Home Fall Prevention Presentation by Physical Therapy
- ✓ Hearing & Balance Presentation by an Audiologist
- ✓ Balance Presentation by Wellness Dept.
- ✓ Granola Samples & Grip Socks Giveaway

