

Fall Prevention



TUES., JUNE 4, 2019 6:00PM-7:00PM FREE FALL PREVENTION SEMINAR

Did you know that 1 in 4 Americans aged 65+ falls every year? Falls are the leading cause of fatal and non-fatal injuries for older Americans. Falls are costly – in dollars and in quality of life. However, falling is not an inevitable result of aging. Through practical lifestyle adjustments, evidence-based falls prevention programs, and clinical-community partnerships, the number of falls among seniors can be substantially reduced.

Join McLaren Health Management Group and Church of Christ Assisted Living to learn how to take control of your health! Registration for this event is required.



Learn About:

Fall Risk Factors

Steps to Prevent a Fall

Myths of Falls

What Medications Could Increase Your Risk of Falling

WHERE:

**CHURCH OF CHRIST
ASSISTED LIVING**

23621 15 Mile Road
3rd Floor Activities Room
Clinton Twp., MI 48035

www.cofccc.org

Please RSVP to Katie
Murphy by Mon., June
3, 2019.

Phone: 586-285-6200

Email: kmurphy@cofccc.org