

Healthy Steps for Older Adults

A Fall Prevention Workshop



True or False - Falling is a normal part of aging.

False! However, falls are the leading cause of injury among adults over the age of 65. Many people think, "It won't happen to me," but 1 in 4 older adults will fall each year. **The good news** is that many falls can be prevented, and there are simple things you can do to lower your risk factor.

Healthy Steps for Older Adults is a free, fall prevention workshop designed by the University of California, Berkeley, to raise participants' awareness of the many common causes of falls, and to share ways to help prevent them, including:

- Making your home safer
- Exercising to improve balance, flexibility and strength
- Managing your medications
- And more!

This is a one-day workshop, meeting for approximately 3 ½ - 4 hours. The time moves by quickly as there are many topics and activities, including group discussions, a falls risk assessment, and demonstrations of exercises.

One more piece of good news... This is an evidence-based program, and studies have shown that by simply participating in this workshop, you can lower your incidence of falls by about 18%!

If you are over the age of 60 and are interested in participating, please call Blair Senior Services at 814-946-1235 for more information.