



Pay Attention to Fall Prevention

For more information on any of the Health and Fitness programs or to register, call 402-441-7575.

Lincoln Medical Education Partnership Training Center

4600 Valley Road, Classroom Vrbka 1

Wednesdays, 1 to 3 p.m.

September 4, 11, 18 and 25

This four-week workshop is brought to you by Aging Partners and the Nebraska Commission for the Deaf and Hard of Hearing (NCDHH). Sign language interpreters will be available. People of all ages and family caregivers are welcome.

Falls are a leading cause of injury and death among adults. They can result in serious injury or fear of falling which can lead to a sedentary lifestyle, depression and isolation. The good news is falls can be prevented! There are simple changes you can make to lower your risk of falling. This workshop is for people who are fit and active as well as for those who have mobility problems or are worried about falling.

Participants will learn simple strength and balance exercises they can do to prevent falls. Other areas covered include how to get up from a fall; safe walking techniques; how hearing, vision and medications impact your risk of falling; and how to keep your home safe inside and out.

Thanks to a grant from the Community Health Endowment of Lincoln, there is no charge for this workshop.

To register, contact either Kim Davis at kim.davis@nebraska.gov, 402-261-2657 (videophone) or Peggy Apthorpe at papthorpe@lincoln.ne.gov, 402-441-7796 (voice), by August 28.

