



FALL PREVENTION AWARENESS FAIR

**Aging Partners - 600 S. 70th St.
Wednesday, September 18, 12-3 p.m.**
Free event, no registration required

Join us at our Fall Prevention Awareness Fair and learn how to empower yourself or a loved one and discover how to stay active, independent and safe in your own home and community. Our fair offers the unique chance to meet with health experts and discuss balance, nutrition, exercise and more. Falls are not a normal part of aging, learn how to stay safe.

Learn more about Fall Prevention

- Take a balance screening
- Talk to a pharmacist about medications
- Discuss nutrition with a dietitian
- Learn how to reduce future fractures
- Get your blood pressure taken
- Learn about bone density
- Learn how to be safe at home
- Other booths

If you have any questions please contact
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