

Falls Prevention Awareness Day

SEPTEMBER 22, 2016

Ready, Steady, Balance:
Prevent Falls in 2016



Event Schedule

- 9:15 am Registration
- 10:00 am Kick off
- 10:00 am 1/2 mile walk
- 11:30 am Exercise demo
- 11:00 am Lunch
- 11:30 am Proclamation reading
- 11:35 am Speaker

Falls Prevention Awareness Day seeks to raise awareness about preventing fall-related injuries among older adults.

Liberty Park, Rice Pavilion
600 East 900 South
9:15 AM - 12:00 PM

Health Screenings Available
9:30 am - 12:00 pm
Sign up at your local Senior Center



(385) 468-3080

www.slco.org/aging