

# Fall Prevention Awareness Day 2017

Presented by the Madison County Falls Prevention Task Force

**Date:**

Friday, September 22nd, 2017

**Time:**

9:00am-12:00pm  
(lunch to follow)

**Location:**

Madison County  
Extension Education  
Center  
230 Duncannon Lane  
Richmond, KY



*Falls are the #1 reason people end up in the emergency room. Fall risk is higher for people over the age of 65. We hope you can take advantage of this great opportunity to discover ways to lower your risk.*

[www.fallwise.net](http://www.fallwise.net)

 **MADISON COUNTY  
FALLS PREVENTION  
TASK FORCE**

- \* Presentations & Activities
- \* Door prizes \* Vision Screenings
- \* Fall Prevention Exercises & Recovery Challenge
  - \* Posture and Balance Exercises
- \* Medication Review to Identify Fall Risk Issues  
(bring your list of meds for fall risk review)

**MOST FALLS ARE PREVENTABLE!!**

On September 22nd, the first day of Fall, a network of service providers will offer fall prevention expertise at the **Falls Prevention Awareness Day Event**. This interactive resource fair is designed to help those who wish to lower their risk of falling.

A **free lunch** will be provided by Arcadian Cove for those who preregister by Friday, September 15. Call the Madison County Extension Office, **859-623-4072**.