

**FREE EVENT**

# Protecting Yourself From Falls

**Friday, Sept. 23  
9 a.m. to 1 p.m.**

BCH Medical Pavilion  
1155 Alpine Ave., Boulder  
Gene Wilson Conference Room  
(Parking garage entrance  
on southwest corner of  
Broadway and Alpine.)



The biggest threat to the independence of an older adult is a simple slip and fall. Each year, about one in three Americans over age 65 will suffer a fall, and more than 27,000 die from their injuries. Many others are left with a permanent disability that threatens their independence. Luckily, many falls can be prevented.

Don't let a bad fall change your life forever. Join us for a morning of fall prevention classes and health screenings presented by our occupational, speech and physical therapists during the countywide Falls Prevention Week.



## CLASSES

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### **FallProof™ Class**

9 - 9:45 a.m.

11:00 - 11:45 a.m.

Rebuild your balance and strength, fine-tune your flexibility, and lower your risk for falls to maintain your independence.

### **Tai Chi Class**

10 - 10:45 a.m.

Noon - 12:45 p.m.

Enjoy the benefits of Tai Chi forms, including preventing falls and improving quality of life.

### **Reservations required for classes:**

[bchlectures.org/falls](http://bchlectures.org/falls) • 303-415-4212

## WALK-IN SCREENINGS

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9 a.m. - 1 p.m.

- Vision screenings
- Home safety screenings
- Memory loss screenings

## REPRESENTATIVES AVAILABLE FROM

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Via Mobility Services  
Boulder County CareConnect