

Stand Up To Falling

Every 11 seconds, an older adult is seen in an emergency department for a fall-related injury. Most falls can be prevented and you have the power to reduce your risk.

Falls are the leading cause of both fatal and nonfatal injuries for people 65 years and older. If you have an aging parent or grandparent, help them stay healthy and independent by reducing their risk of falling.

Join us to learn how to Stand Up To Falling as we participate in Fall Prevention Awareness Day, sponsored by the National Council on Aging and Spectrum Health.

- Free fall-risk evaluations
- Fall prevention tips from experts
- Information on balance and fitness classes
- Networking with community resources
- Information about inpatient fall initiatives

Free non-slip socks will be given to attendees while supplies last.

Friday, September 22, 2017
11:30 a.m. to 1 p.m.
Spectrum Health Fred and Lena Meijer Heart Center
First Floor, Lobby Area
100 Michigan Street NE, Grand Rapids, MI 49503



Have an idea that will help prevent falls?



616.391.4332

IT ONLY TAKES ONE

Falls Prevention Awareness Day is sponsored by the National Coalition on Agency.

To learn more, visit: ncoa.org/fallsprevention

Spectrum Health complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.
[81 FR 31465, May 16, 2016; 81 FR 46613, July 18, 2016]

ATENCIÓN: Si usted habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1.844.359.1607 (TTY: 711).

إذا كنت تتحدث اللغة العربية، فيمكنك الحصول على المساعدة اللغوية المتاحة مجاناً. اتصل على الرقم 1.844.359.1607 (TTY: 711).