

# CENTURA HEALTH'S

## Fall Prevention Webinar Series

This **FREE** monthly series will bring you on a journey through multiple topics that affect your life, or the life of your loved one. Our webinars will give an opportunity to ask questions and get answers in real time from some of our nation's top experts in the field. They will also be recorded for you to share with those who you feel could benefit from this series.

### This series is for you if you:

- ✓ are over the age of 65
- ✓ are a caretaker for someone at risk of falling
- ✓ have older adults in your life
- ✓ have a fear of falling
- ✓ fear your loved one is at risk of falling
- ✓ want to learn more about fall prevention
- ✓ want to understand why fall prevention is so important

### **Save the date: (10:00-11:00 MST)**

- **10/8/2020 General Overview and Statistics on Falls**
  - Presented by a Trauma Physician's Assistant
- **11/5/2020 Moving About Safely and Mobility Aids**
  - Presented by a Physical Therapist
- **12/3/2020 Coping Through the Holidays in a Pandemic**
  - Presented by a Chaplain
- **1/7/2021 Home and Community Safety**
  - Presented by a Risk Reduction Specialist
- **2/4/2021 Medication and Falls**
  - Presented by a Pharmacist
- **3/4/2021 Vision and Falls**
  - Presented by an Ophthalmologist/Optomtrist
- **4/1/2021 Bone Health and Fracture Prevention**
  - Presented by a Frailty Clinic Provider
- **5/6/2021 Strength and Balance**
  - Presented by an Occupational Therapist
- **6/3/2021 Nutrition and Fall Prevention**
  - Presented by a Nutritionist
- **7/8/2021 Communicating with a Health Professional**
  - Presented by a Gerontologist
- **8/5/2021 Community Safety**
  - Presented by a Safety Officer
- **9/9/2021 Mobility Aids and Inclement Weather**
  - Presented by a Physical Therapist

To join this webinar on the dates above, please click this URL to join. <https://centura.zoom.us/j/98386352107>

Or join by phone: US: +1 720 835 1878 or 877 853 5247 (Toll Free)

Webinar ID: 983 8635 2107

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