

Preventing Falls at Home

Brownbag Lunch Series

Noon to 1:00 p.m.

at the

Landon Center on Aging, Room 200

September 10, 2008 (Wednesday)

Presenters: Clint Stevenson, Physical Therapist
Deena Stevenson, Occupational Therapist

Each year thousands of older Americans fall at home. Many of them are seriously injured and some are disabled. Over 1.8 million older adults were treated in emergency department for injuries from falls.

Falls are often due to hazards that are easy to overlook but easy to fix. This class will help you find and fix those hazards in your home as well as provide you with exercises to help you stay safe and active.



VISITING NURSE ASSOCIATION

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THEO AND ALFRED M. LANDON
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Call Matt Chandler at 913-588-3094 to RSVP. Space is limited.