

# KEEP YOUR LIFE IN BALANCE

FREE EVENT

## Protecting Yourself From Falls

**Friday, Sept. 21  
9:00 a.m. – 1:00 p.m.**

**BCH Medical Pavilion  
1155 Alpine Ave., Boulder  
Gene Wilson Conference Room  
(Park in the garage 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, one out of four Americans over age 65 will suffer a fall, and nearly 30,000 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 county-wide Falls Prevention Week.

### CLASSES

#### FallProof™ Class

**9:00 – 9:45 a.m. • 11:00 – 11:45 a.m.**

Learn balance, strength and flexibility exercises to lower your risk for falls and maintain your independence.

#### Falls Associated With Hearing Loss Class

**9:15 – 9:45 a.m. • 10:15 – 10:45 a.m. • 11:15 – 11:45 a.m.**

Hear how age-related hearing loss can increase your risk of falls and ways to prevent them.

Presented by Aimee Langlois, PhD, retired audiologist

#### Tai Chi Class

**10:00 – 10:45 a.m. • Noon – 12:45 p.m.**

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

### WALK-IN SCREENINGS

**9:00 a.m. – 1:00 p.m.**

- Posture for safety screenings
- Memory screenings
- Home safety screenings

### REPRESENTATIVES AVAILABLE FROM

- VIA Mobility Services
- Cultivate
- Boulder Fire-Rescue
- Falls Awareness Learning Lab – Boulder County Area Agency on Aging

**RESERVATIONS REQUIRED FOR CLASSES ONLY:  
[bchlectures.org/falls](http://bchlectures.org/falls) • 303-415-4212**



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