

KEEP YOUR LIFE IN BALANCE

FREE EVENT

Protecting Yourself From Falls

Friday, September 27
9:00 a.m. – 1:00 p.m.

Calvary Bible Church

3245 Kalmia Avenue, Boulder



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

10:00 – 10:45 a.m. • 11:00 – 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

RESERVATIONS REQUIRED FOR CLASSES ONLY:

bchlectures.org/falls • 303-415-4212



Boulder Community Health (BCH) does not exclude, deny benefits to, or otherwise discriminate against any person on the grounds of race, color, or national origin, or on the basis of disability or age in admission to, participation in, or receipt of the services and benefits under any of its programs and activities, whether carried out by BCH directly or through a contract or any other entity with which BCH arranges to carry out its programs and activities.