

KEEP YOUR LIFE IN BALANCE

Protecting Yourself From Falls

FREE ONLINE CLASSES



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 fall change your life forever. Join us for free online prevention classes during the county-wide Falls Prevention Week.

CLASSES

Hearing Loss and the Higher Risk of Falling

Tuesday, Sept. 22, 10 to 11 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

Wednesday, Sept. 23, 11 a.m. to noon

Enjoy the benefits of Tai Chi forms, including preventing falls, boosting immunity, decreasing stress and improving quality of life. *Presented by Juli Booton, PT, Outpatient Rehabilitation at Boulder Community Health*

Slips, Trips, and Falls NO More! ThinkFirst™ for Fall Prevention

Thursday, Sept. 24, 10 to 11 a.m.

Come learn about the "back to basics" of falls prevention and strategies to prevent falls. *Presented by Joan DePuy, RN, BSN, Trauma Outreach & Injury Prevention Coordinator at Boulder Community Health*

RESERVATIONS REQUIRED:

bchlectures.org/falls



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