

TAKE A STAND TO PREVENT FALLS

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

Progressive Meditation Class

Monday, Sept. 20, 10:30 to 11:30 a.m.

Meditation has been shown to increase focus and mindfulness through different techniques that can help participants experience a calm and peaceful state. Through alleviating stress and increasing mindfulness, meditation is another tool for fall prevention. This virtual class will begin with breath work, followed by progressive muscle relaxation and guided imagery. *Presented by Joan DePuy, RN, BSN, Trauma Outreach/Injury Prevention Coordinator for BCH and Certified Reiki Master Level Practitioner*

Introductory Tai Chi Class

Tuesday, Sept. 21, 10:30 to 11:30 a.m.

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*

Hearing Loss and the Higher Risk of Falling

Thursday, Sept. 23, 10:30 to 11:30 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*

RESERVATIONS REQUIRED:

bchlectures.org/falls



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