

DUNLOP HOUSE PRESENTS

Survival Skills for Healthy Aging

AN EDUCATIONAL SERIES FOR SENIORS



FEBRUARY TOPIC:

Fall Prevention Tips & Tricks

Tuesday, February 5 from 3:30 - 5 pm at Dunlop House

Presented by Sheltering Arms Physical Therapy

Falls are the leading cause of deaths related to injury for people age 62 and older. The falls that don't kill you can change your life. Simple falls can decrease your mobility. Broken bones may not heal properly and may be more likely to break in the future. The statistics show that the problem is real and can be serious. Fortunately, you can mitigate the risks with some preventative measures at home and through exercise to improve balance. Join us as we discuss how you can prevent falls! Light refreshments provided.



Dunlop House

Assisted Living & Memory Care

RSVP BY CALLING
804-520-0050.

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