



FALLS PREVENTION

From Awareness to Action 2024

"Preventing Falls Starts With YOU and Starts TODAY"

Join Us

The week of September 23rd-27th is the 17th National Falls Prevention Awareness Week. This year's theme, **Awareness to Action**, with a Subtheme of "Preventing Falls Starts with You and Starts Today," is a call to action for all. We welcome all ages to attend and be part of this important day.

Free of Charge!



September 24th 10AM-2PM

Northern Wake Senior Center
235 E Holding Ave
Wake Forest, NC 27587

Featuring

- Presentations
- Pre-scheduled appointments for fall risk screening by multiple PTs
- Vendor advocate tables with a bingo game
- Demos on how to get up from a fall
- Pet Therapy Training
- Photo Booth
- Refreshments