



Falls Prevention

Navigating the Community Safely



Bernadette Galvez

Madison Fire Department

Wednesday, November 16, 10:00 AM

Winter's coming and nobody wants to be cooped up until Spring. And it's unhealthy holing up all Winter! But with piles of snow here, sheets of ice there, and cars and bicycles speeding by, how can we do so safely? Join Bernadette Galvez, Community Education Officer for the Madison Fire Department, to learn the main reasons why older adults suffer falls while out and about and ways to lessen the risk of being involved in a fall or a pedestrian crash. If anyone knows how to stay on her feet in the winter, it's a fireman and Bernadette will help you learn to do just that.

To receive the Zoom link, email TriadEvents@rsvpdane.org.



Triad brings together older adults, law enforcement and the community at-large to promote safety and reduce the fear of crime. Providing vital information about personal safety and crime prevention is key to our mission. We invite you to become an active participant in Triad activities. Volunteers are a key element in our success. To get involved, email Mike Thomsen at mthomsen@rsvpdane.org or call (608) 441-7897.