

Age Well^{Series} WEBINAR

Staying Active to Prevent Falls

Presented by:



Speakers

 **Alex Wagner & Karla Bock**
UW Health Sports Medicine
Fitness Center

 **Ian Connors**
SSM Health

 **Suzanne Morley**
Wisconsin Institute for Healthy
Aging

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*Attend and complete the webinar evaluation
and be entered to win a set of pickleball
racquets courtesy of Firefly Real Estate!*



About Webinar

Hear from experts about the relationship between falls prevention and physical activity, ways to minimize injury while exercising and playing sports such as pickleball, and the importance of staying active.

10:30am - 11:30am 

May 23, 2024 

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