



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



More Information:
FallsFreeWI.org