

Standing Stronger

Fall Prevention Workshop

Encinitas Community and Senior Center
1140 Oakcrest Park Dr. Encinitas, CA 92024



Monday, September 23, 2024
12:30 – 3:30 p.m.

Falls are preventable, but they continue to be the leading cause of emergency department visits for older adults. In honor of National Fall Prevention Awareness Week, The Scripps Trauma Prevention Team and the Encinitas Senior Center invite you to discover the value of a comprehensive approach to fall prevention.

This FREE event will feature Scripps Experts who will provide fall risk assessments, medication reviews, blood pressure and stroke risk assessments, and community resources that can keep you safer at home.

AGENDA

Fall Prevention Presentation

12:30 - 1:30 p.m. - *Tips on fall prevention, balance improvement, and how common medications can increase fall risk.*

Bingocize Demonstration Class

1:30 – 1:45 p.m. - *An evidenced based program that combines the fun of the game of Bingo with exercise.*

Aging and Driving Presentation

2:00 – 3:00 p.m. - *A practical review of driving risks and how to remain a driver for as long as safely possible.*

Tai Chi Sample Class

3:10 - 3:25 p.m. - *Enhance balance and stability with a gentle practice proven to help prevent falls and improve overall well-being.*



Register by emailing InjuryPrevention@ScrippsHealth.org or call 858-626-6160

Sponsored by the Scripps Health Trauma Prevention Program

Registration is not required but we strongly recommend doing so to ensure you spot