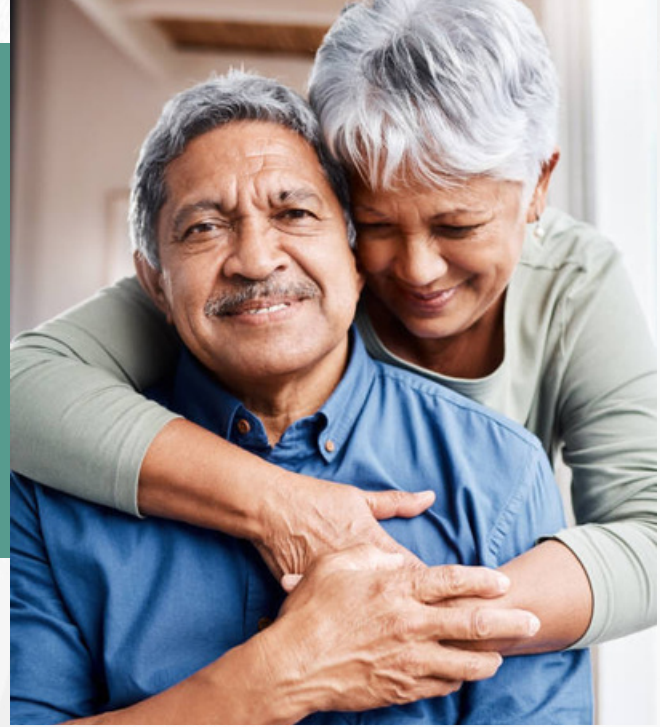


STAND TALL. PREVENT FALLS.

Most older adult falls are preventable!

Join us for a morning of learning and hands-on activities in observance of National Falls Prevention Awareness Week.



WEDNESDAY, SEPTEMBER 25
9:00 AM - 11:30 AM
SAN MARCOS SENIOR ACTIVITY
CENTER, 111 RICHMAR AVENUE
SAN MARCOS, CA 92069

AGENDA

9:00 am - 9:15 am

Registration and light refreshments

9:15 am - 10:25 am

Opening remarks and AIS overview

10:25 am - 11:10 am

Brief presentations on topics of home safety, health, and medication management

11:10 am - 11:15 am

Opportunity drawing

11:15 am - 11:30 am

Tai chi exercise demonstration

OTHER FEATURES:

- * Free balance and vision screenings
- * Exhibitor fair and resources
- * Free fall prevention kit registration

LUNCH

Lunch is available at the Senior Activity Center at 11:30 am. If you would like to stay for lunch, **please call 760-744-5535 ext. 3607 to make a reservation. Reservations must be made by 2:00 pm on Tuesday, September 24.**

Ages 60+: \$4 suggested donation
Ages 50-59: \$7 fee

OUR SPONSORS:

