

Standing Stronger

Scripps Mercy Hospital San Diego

Fall Prevention Workshop

College Building

4077 Fifth Avenue, San Diego, CA 92103

Saturday, September 21, 2024

10 a.m. – 1 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, Scripps Mercy Hospital San Diego invites you to discover the value in a comprehensive approach to community fall prevention. This FREE event will have resources and Scripps Experts who will be providing, blood pressure and stroke assessments, and medication reviews.



AGENDA

Fall Prevention Presentation

10 – 11 a.m. - *Tips on fall prevention, balance improvement, and how common medications can increase fall risk.*

Balance & Gait Exercise Demonstration Class

11 – 11:15 a.m. - *A 15 minute exercise class to improve balance and gait.*

Aging and Driving

11:15 a.m. – Noon - *A practical review of driving risks and how to remain a safe driver for as long as safely possible.*



**Register by emailing InjuryPrevention@ScrippsHealth.org
or call 619-686-3644**

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