

Standing Stronger

Fall Prevention Presentation

La Colonia Park Community Center

715 Valley Avenue, Solana Beach, CA 92075

Friday, September 27, 2024

10:30 – 11:30 am

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 Health Injury Prevention Team 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 share proven methods that can significantly reduce your chance of falling.



Fall Prevention Presentation - *Tips on fall prevention, balance improvement, and how common medications can increase fall risk.*

Evidenced-Based Fall Prevention Programs Overview - *Talk to facilitators of FREE community classes that decrease the likelihood of falls.*

Community Resource Fair

Explore resources and services available to help your safety and well-being at home.



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