



Arlington Stays Independent: A Comprehensive Falls Prevention Program



Arlington Neighborhood Villages & Marymount University

Updated October 25, 2015

Many falls can be prevented. By making some small changes, you can significantly lower your chances of falling and stay independent longer! Our series of workshops will assess your level of risk for falling, teach you ways to prevent falls, and help you to develop a personal plan, including how to overcome barriers, to ensure your success. Attendance at these workshop sessions is free. However, as space is limited to 30 people for each, we request that you register in advance. Information on how to register for these programs may be found below

DATE	LOCATION * (addresses below)	WORKSHOP	PRESENTER
Tues Oct 27 11:00-noon	ANV	Exercise Practice Session	Arlington Neighborhood Villages
Tues Nov 3 11:00-noon	ANV	Exercise Practice Session	Arlington Neighborhood Villages
Thurs Nov 5 10:30AM- 12:30 PM <i>(time change)</i>	Arlington Central Library	Home Modification Seminar	AARP & Arlington Neighborhood Villages
Tues. Nov 10 11:00-noon	ANV	Exercise Practice Session	Arlington Neighborhood Villages
Thur Nov 12 1:00-2:30PM	Marymount University	Impact of Medications	Dr. Rosemarie Berman, Ph.D. Associate Professor of Nursing
Tues. Nov 17 11:00-noon	ANV	Exercise Practice Session	Arlington Neighborhood Villages
Thur Nov 19 1:00-2:30PM	Marymount University	Nutrition	Kathryn Strong, M.S., R.D. Virginia Cooperative Extension Extension Agent
Tues. Nov 24 11:00-noon	ANV	Exercise Practice Session	Arlington Neighborhood Villages

Tues. Dec 1 11:00-noon	ANV	Exercise Practice Session	Arlington Neighborhood Villages
Thur Dec 3 1:00-2:30PM	Marymount University	Healthy Interiors for Active Aging	Dr. Moira Denson , ASID, LEED AP Assistant Professor of Interior Design
Tues. Dec 8 11:00-noon	ANV	Exercise Practice Session	Arlington Neighborhood Villages
Thur Dec 10 1:00-2:30PM	Marymount University	Overcoming Barriers	Dr. Anne-Marie O'Brien , Ph.D. Assistant Professor of Nursing
Tues Dec 15 11:00-noon	ANV	Exercise Practice Session	Arlington Neighborhood Villages
Thur Jan 14, 2016 1:00-2:30PM	Marymount University	Stay Independent: Reviewing your Personal Plan	Dr. Diana Venskus PT, Ph.D. Associate Professor of Physical Therapy & Dr. Jennifer Tripken Assistant Professor of Health and Human Performance

Locations:

Marymount sessions will be held at the Fairfax Drive Location, 4040 N. Fairfax Drive Room 404.

ANV Exercise practice sessions all to be held at Arlington Neighborhood Villages - 2666 Military Rd 22207 (map). Enter lower level of the Church of the Covenant from the parking in the lot to the right. The exercise session is on the ground floor.

Registration:

To register contact Arlington Neighborhood Villages by calling the office at 703-509-8057 or sending an email to register@arlnvil.org. We encourage you to attend all sessions to obtain the comprehensive picture. However, you may still register for individual sessions.