



## Preventing Falls: Workshop Series for Arlington Seniors

Falls are the leading cause of both fatal and nonfatal injuries among older adults. 20-30% of people who fall suffer injuries that make it difficult to live independently.

*Now, the good news:* There is a lot you can do to lower your risk of falling and remain independent longer. Knowing your body and how to improve your balance, learning about the impact of your medications and diet, and understanding how to set up your home interior can significantly reduce your risk of falling.

### **Come join other seniors to learn how to stay healthy, active, and independent!**

Arlington seniors are invited to a series of 5 **free** workshops led by Marymount faculty in physical therapy, nursing, health education, and interior design. Learn about a different topic each week and discover the many resources available to you within the community.

You are encouraged to attend all five sessions to get the most out of these workshops.

**Where:** Langston-Brown Senior Center, 2121 N Culpeper St, Arlington, 22207 (on the corner of Lee Highway and Culpepper St). Plenty of free parking.

**Time:** Thursdays from 10:30-noon

**3/31/16: Why People Fall:** Learn about your risk for falling and strategies to reduce your risk.

**4/7/16: Exercise and Staying Active:** Get practical exercise tips to reduce your risk of falling.

**4/14/16: Impacts of Medications and Nutrition:** Learn to manage your medications and improve your nutrition to reduce fall risk.

**4/21/16: Home Modifications:** Discover ways to reduce common hazards around your home.

**4/28/16: Taking Action:** Take what you've learned and develop a personalized action plan to reduce the risk of falling.

**Pre-registration required:** Call Rachel Alberts at 703 284-7559 or E-mail [ralberts@marymount.edu](mailto:ralberts@marymount.edu)

Arlington County can provide reasonable modifications for people with disabilities upon request. Advanced notice is requested. Call [703-228-6300](tel:703-228-6300)

***Space is limited: Sign up now!***