

National Fall Prevention Awareness Week: **SEPTEMBER 20TH-24TH, 2021**

“LET’S CREATE BALANCE”

Fall Prevention Webinar



Free and open to the community.
Registration is required.
To register, contact the NYSOPEP
Office at info@nysopep.org
or **(845) 786-4772**.

Thursday,
September 23, 2021

12:30 p.m. - 1:30 p.m.
Via Zoom

Come learn about...

- The Statewide Matter of Balance Program
- What YOUR risk is
- Fall prevention strategies
- Physical activity necessary to prevent a fall
- Medications that increase the risk of falls
- What to do in the event of a fall

Speakers:

Ayden Jones – *Matter of Balance Master Trainer and Falls Prevention Consultant for NYS Department of Health*

Payal Sahni – *Program Coordinator of New York State Osteoporosis Prevention & Education Program*



HELEN HAYES
HOSPITAL

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