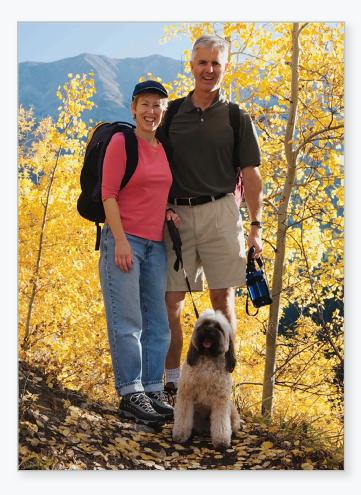
National Fall Prevention Awareness Week: SEPTEMBER 20TH-24TH, 2021

"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





NYSOPEP Resource Center, Helen Hayes Hospital, West Haverstraw, NY 845-786-4772 • www.nysopep.org • New York State Department of Health