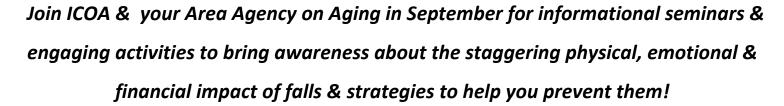
Learn to be falls-free this fall



## **FALLS PREVENTION AWARENESS MONTH**

September 2021



## LEARN ABOUT FALLS & FALLS PREVENTION WITH IDAHO HEALTH PROFESSIONALS

- Stay Informed: Why Falls Matter and how You Can Prevent Them Wednesday, September 8<sup>th</sup> 10–11:30 AM MDT/9 – 10:30 AM PDT
- Stay Safe: Recognize & Remove Trip Hazards at Home Wednesday, September 22<sup>nd</sup> 10–11 AM MDT/9 – 10 AM PDT
- Stay Healthy: Simple Steps to Improve Balance & Prevent Falls
   Wednesday, September 29<sup>th</sup>
   10–11 AM MDT/9 – 10 AM PDT

**Register** on the ICOA website by clicking the seminar tile date: <a href="mailto:aging.idaho.gov/campaign/fpam/">aging.idaho.gov/campaign/fpam/</a>



## OTHER WAYS TO GET INVOLVED

- Share your story of a fall on our <u>Facebook</u> page using #NoFallsIdaho <u>www.facebook.com/AgeWellIdaho</u>
- Visit ICOA's DPAM webpage for articles, information and links aging.idaho.gov/campaign/fpam/
- Contact your local Area Agency on Aging or senior center for a schedule of activities
- Identify YOUR fall risk through NCOA's online assessment
- ✓ Answer 12 yes/no questions
- ✓ Learn your fall risk number
- Receive recommendations and resources to reduce your risk of falling

## Do it now

www.Ncoa.org/fallsfreecheckup

Espanol: www.ncoa.org/about-

ncoa/bienvenidos-a-ncoa/prevencion-decaidas/falls-free-checkup-espanol/



FallsFree CheckUp

YOU CAN PREVENT A FALL