

Falls Prevention Awareness Month 2026

*Join our free online virtual seminars to learn how to take simple steps
to stay healthy and safe while aging well in Idaho!*

Traumatic Brain Injury 101: Signs, Outcomes, and Safety Tips

With Stefanie Shaddock from the Idaho State University TBI program

Tuesday, September 8th, 1:00 pm - 2:00 pm MDT

Registration Link:

https://us06web.zoom.us/webinar/register/wn_m2vq0gbjsletmymxpp_twa

Eat and Drink Properly to Age Well and Prevent Falls

With Registered Dietician Emily Clay from Saint Alphonsus

Thursday, September 10th, 2:00 pm - 3:00 pm MDT

Registration Link:

https://us06web.zoom.us/webinar/register/wn_kkmizln6txg3rzkn310i2q

Are Your Medications Contributing to Your Falls?

With Dr. Robert "Bob" Wood, Boise State University

Tuesday, September 15th, 1:00 pm - 2:00 pm MDT

Registration Link:

https://us06web.zoom.us/webinar/register/wn_1zxgsv8rrgozurvs4ffatw

Stay Active to Prevent Falls: Challenge Yourself to Try Something New

With Fit and Fall Proof® Coordinator, Michelle Butterfield from Southeast Idaho Health District

Tuesday, September 22nd, 1:00 pm - 2:00 pm MDT

Registration Link:

https://us06web.zoom.us/webinar/register/wn_ytn9lnszstmowoha6nyx_g

Recognize and Remove Trip Hazards at Home

With Jake Crist from Habitat for Humanity

Thursday, September 24th, 10:00am - 11:00am MDT

Registration Link:

https://us06web.zoom.us/webinar/register/wn_j0pkzwywycspcoh8vyfks5rw

Preventing Falls is a Weighty Matter

With Professor of Kinesiology Dr. Shawn Simonson, Ed.D from Boise State University

Thursday, September 24th, 1:00 pm - 2:00 pm MDT

Registration Link:

https://us06web.zoom.us/webinar/register/wn_ymgcjb70s1y3_evt6-3_rg

For Questions Please Contact The Falls Prevention Coalition of Idaho Coordinator erin.olsen@aging.idaho.gov