

Coming soon....

Fall Prevention Workshop

*Brought to you by your Health & Fitness Committee and
Highbar Physical Therapy*

An opportunity to try for yourself (AND receive printed hand-outs):

- 1) Can I get up off the floor? Receive instruction in the safe way to get up from the floor...also tips on the safest way to fall.
- 2) Try some strengthening and balance exercises which will decrease your fall risk and make it easier to get up from a chair. Then continue them at home or in the Laurelmead Fitness Department.
- 3) How does a transfer tub bench work? What's the latest and greatest in walkers and other assistive devices? A representative from Independence Home Health Wares will be here to show you and let you try them.
- 4) Learn about Tai Chi and other classes that improve balance - offered right here at Laurelmead.
- 5) Learn about different types of medical alert systems and find the most appropriate for you.
- 6) Bring your list of medications and a clinical pharmacist will help identify meds (or combination of meds) which can cause dizziness.

Visit any station or ALL of them and decrease your fall risk.

There will be light refreshments and door prizes.

Tuesday, September 8, 2026

In the Laurelmead great room

Come anytime between 2 - 4 pm

Don't miss this opportunity - Mark your calendar