Preventing Falls Among Older Adults

Virtual Webinar — No Registration Needed



Tuesday,
September 22

10 to 11 a.m.

Online (Microsoft Teams)
Link to Meeting
Meeting ID: 218 700 403 057 3
Passcode: rh2rb33T

Join us for a free virtual session to learn how to prevent falls at home and in the community.

Falls are common in older adults, but the good news is that many falls can be prevented! Falling is not just a normal part of getting older.

At this webinar, you'll learn how being active, using your medicine safely, getting your vision and hearing checked, and making your home safer can all help. Get easy tips and tools to help yourself or someone you care about stay safe and independent.

You will learn about:

- Safe ways to move and stay active
- How medicines can affect balance
- Why hearing and vision matter
- How to make your home safer

This event is part of the NYC Health Department's work to keep older adults healthy and safe.

This session will be in English. No interpretation or translation services will be available.

If you have questions about this session, please email us at **healthyaging@health.nyc.gov**.

NYC Health

8.26