



Fall Prevention & Home Safety

Free Program includes lunch, compliments of Woodview Estates

Falls are the leading cause of injury-related deaths, unintentional injuries, and hospital admissions for trauma. One-third of the older adult population over the age of 65 falls each year and the risk of falls increases proportionately with age. Research supports the most effective interventions to manage falls risk are those that incorporate exercise. Anthony Ruggeri of Fox Rehab will help explain techniques to prevent falls and related injuries and ensure the home is fewer-falls-friendly.

**August 9, 2017
1:00 pm - 3:00 pm**

**Woodview Estates
Assisted Living
5030 Unami Blvd., Mays
Landing, NJ 08330**

**To Register, email ResidentServices@Woodviewestates.com
or call 609-625-4878**

Planners and presenters have noted that they have no conflict of interest or commercial interest to disclose. There is neither commercial support nor sponsorship for this educational activity.

This service has been funded or partially funded through a grant provided by the Atlantic County Area Agency on Aging, under the Older Americans Act of 1965, as amended. Federal law mandates that we afford you the opportunity to donate for services provided.

Any donation received will be used for future services.

