



FALL PREVENTION

Presentation

**SEPTEMBER 18, 2023
10:30AM-11:30AM**

Presentations on Falls Include:

**Discussions on Hydration
Nutrition**

Strengthening Muscles

Where most falls happen at home

Exercises to increase flexibility



Presented by



Fall Risks

- **Balance Testing**
 - **Medication Management**
 - **Loss of Function**
- Discussion, how vision, hearing and slowed reaction time affect falls**



Mid County Senior Center

3680 Lake Worth Rd

Lake Worth, FL 33461

