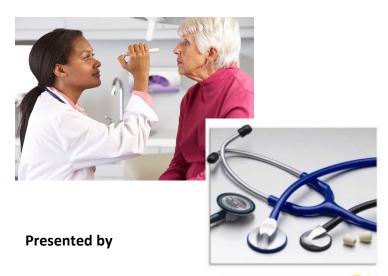


## SEPTEMBER 21, 2023 10:30AM-11:30AM

**Presentations on Falls Include:** 

Discussions on Hydration
Nutrition
Strengthening Muscles
Where most falls happen at home
Exercises to increase flexibility







## **Fall Risks**

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



West County Senior Center
2916 State Road #15
Belle Glade, FL 33430

