



**FALL PREVENTION**

**Presentation**

**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**



**Presented by**



**Fall Risks**

- **Balance Testing**
- **Medication Management**
- **Loss of Function**

**Discussion, how vision, hearing and slowed reaction time affect falls**



**West County Senior Center**

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