

FALL PREVENTION WEBINAR



Eden Medical Center Trauma Services

Falls happen all too often in our society. There are over 2.8 million each year in the United States, at costs up to \$50 billion. Many people are unaware of the risks, cost, and impact one fall can have on so many. It can be devastating physically, emotionally, and financially to you and you family.

At Eden Medical Center we strive to do all we can to make falls predictable and preventable for the seniors in our community.

Fall Prevention Webinar topics:

- Exercise for Fall Prevention
- Better Sleep to Help Prevent Falls
- Overcoming Fear of Falling
- Home Safety & Modifications
- Medication Awareness
- Talking to your family/ doctor about falls
- Mental Health & Fall Prevention

Topics subject to change

www.sutterhealth.org/eden

Are you concerned about falling? Do you want to learn ways to prevent falls? By knowing more about what factors can cause a fall, you can help prevent falls before they happens.

Please join us for these **FREE** events. To learn what you can do to safeguard yourself from a fall, join Pamela Stoker, Trauma Injury Prevention Specialist and Exercise Physiologist, as she discusses these important topics.

WHEN: Beginning April 14th 1 – 2 pm
Repeating the 2nd Wednesday of each month.

WHERE: WebEx (link sent upon registration)

TOPIC: New fall prevention topic each month

REGISTER: hallstp@sutterhealth.org

510-727-8485