

READY, STEADY, BALANCE PREVENT FALLS

Questions?
Contact Whitney
(970) 400-6117

WALK WITH A DOC

WHAT: Walk at your own pace and get questions answered by local physicians.

WHEN: 8:00 a.m. Saturday, Sept. 21

WHERE: Sanborn Park, 2031 28th Ave., Greeley (meet in the northwest parking lot)



CAREGIVER LUNCHEON: A CONVERSATION ON FALL PREVENTION



WHAT: Come eat lunch and enjoy a seminar about the Fall Prevention Conversation Guide for Caregivers from the National Council on Aging. Registration required. Call (970) 400-6117.

WHEN: Noon - 1:00 p.m. Monday, Sept. 23

WHERE: Eaton Rec Center, 1675 3rd St., Eaton



TAI CHI IN THE PARK

WHAT: Observe or take part in Tai Chi based on the Area Agency on Aging's Tai Chi: Moving for Better Balance program.

WHEN: 10:45 - 11:45 a.m.
Tuesday, Sept. 24

WHERE: Riverside Park,
4000 Riverside Pkwy, Evans



FILM SCREENING: THE FALLING MONOLOGUES

WHAT: Please join us for a viewing and discussion of this short film reflecting the thoughts, emotions, and lessons learned from some older adults who've fallen.

WHEN: 2:00 p.m. Wednesday, Sept. 25

WHERE: Farr Library, 1939 61st Ave., Greeley

MYMOBILITY PLAN

WHAT: Learn how you can remain independent with a plan developed by the CDC. If you would like to stay for the Friendly Fork Meal, please call (970) 346-6950 to RSVP.

WHEN: 11:00 a.m. Thursday, Sept. 26

WHERE: Rodarte Center, 920 A St., Greeley



CHAIR YOGA

WHAT: Join us for a chair yoga class led by Amy Hodge. The class is appropriate for all fitness levels.

WHEN: 2:30 - 3:30 p.m. Thursday, Sept. 26

WHERE: Riverside Library, 3700 Golden St., Evans

FILL YOUR PASSPORT!

The first 5 people to go to 3 or more events will win a door prize!

GET A COMPLEMENTARY BALANCE SCREEN ASSESSMENT:

Call Alliance Physical Therapy at (970) 352-9022 to schedule an appointment. Assessments will be performed by a licensed physical therapy provider who specializes in balance and fall prevention. Appointments are available the week of Sept. 23-27.