

Fall Prevention Workshop



The Bad News:

Falls are the leading cause of injury-related hospitalizations for Canadian seniors - including 95% of all hip fractures.

The Good News:

Most falls are completely preventable!

Join us to learn about:

- **Practical modifications and renovations** that can be done (ie. Grab bars, handrails, ramps, tub-cuts, to full accessible bathroom renovations)
 - **Strength training and balance exercises** to do in the comfort of your own home along with a demo of how to safely get up off the floor.
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Wednesday, April 24

10:00-11:00am

Heritage Room, Nepean Seniors Centre

Presented by:



Meg Stickl

Seniors' Fitness Expert



BUILDABLE™
ACCESSIBLE DESIGN + RENOVATIONS

Community Engagement Lead

Catherine Bennett