

NRH

SENIOR CENTER

FALL PREVENTION WEEK

Empower Your Balance, Improve Your Life!

Monday, Sept 21 – Friday, Sept 25

 MONDAY, SEPTEMBER 21



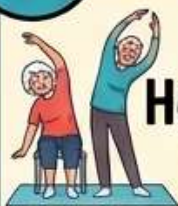
11:30AM – 12:30PM
Understanding Your Fall Risk
by Encompass Health

 WEDNESDAY, SEPTEMBER 23



11:30AM – 12:30PM
Decluttering Home Hazards that Contribute to Falls
David Lesaffre, T.A.C.T.

 TUESDAY, SEPTEMBER 22



12:30PM – 1:30PM
How Strength & Stretch Improve your Balance
Melba Roth, NRH Senior Center

 THURSDAY, SEPTEMBER 24



10:30AM – 11:30AM
How Medications May Affect Fall Risk
Mid-Cities Pharmacy

FRIDAY, SEPTEMBER 25

3:00PM – 4:00PM
Fall Prevention Team Wrap Up Event

Meet the Team, Share Your Success, Enjoy Refreshments!

Location: NRH Senior Center - All Events FREE!

6000 Hawk Avenue, North Richland Hills, Texas 76180 | (817) 427-6695 | nrhseniorcenter.com