

Fall Prevention Awareness Day 2019



Pierce County Fall Prevention Coalition

Tuesday, September 24, 2019

10:00 a.m. - 1:00 p.m.

at

Morgan Family YMCA

1002 S Pearl St, Tacoma, WA 98465



YOU have the power to prevent a fall!

Are falls a natural part of aging? No!

Unexpected falls can result in a serious and costly injury.

The good news is that most falls can be prevented!

You have the power to reduce your risk of falling.

FREE event open to everyone – light lunch provided

EXERCISE DEMOS • FALL PREVENTION TIPS • GIVEAWAYS • FUN

Fall prevention presentations & community resources

No RSVP needed (YMCA membership not required!)

CONTACT

Pierce County Aging & Disability Resources

Phone: 253-798-4600

Email: PCFPCoalition@gmail.com

For more information visit us online: www.fallsfreepiercecounty.wordpress.com

<https://www.facebook.com/Pierce-County-Fall-Prevention-Coalition-1500466833582122/>