

For more information:

www.lacrossestopfalls.org

or call

**The Aging and Disability
Resource Center**

608-785-5700

**1 in 4 people over 65 will fall
this year, but less than half will tell
their doctors.**

**Every 11 seconds, an older adult is
treated in the emergency room
for a fall.**

**Every 19 minutes, an older adult dies
from a fall.**



*Special Thanks to the
First Presbyterian Church
for hosting this event*



**5TH ANNUAL
NATIONAL
FALLS PREVENTION
AWARENESS DAY**



Friday, September 22, 2017

9:00 – 12:00pm

First Presbyterian Church

233 West Avenue South

La Crosse, WI

You are invited to learn:

- What's your risk of falling
- How to reduce your risk of falling
- What to do after a fall
- Falls Prevention Resources
available in the county

9:00 – 10:15 **Community Resource Fair and Screenings**

Visit with professionals; ask questions about your health & preventing falls, collect informational brochures to take home. The following agencies will be represented:

- Aging & Disability Resource Center
- Cass Street Pharmacy
- City of La Crosse Fire Department
- Gundersen Health System
- Home Safety Innovations
- Independent Living Resources
- La Crosse County Falls Prevention Coalition
- La Crosse County Health Department
- Mayo Health System
- Tri State Ambulance
- YMCA

Free:

- ✓ ***Fall Risk Screening***
- ✓ ***Blood Pressure Screening***
- ✓ ***Bone Density Screening***
- ✓ ***Eyeglass Adjustments***
- ✓ ***Win Door Prizes***

Presentations

10:20 – 10:35 **Balancing Aging and Falls**

Speaker: Dr. Elizabeth Cogbill, Geriatric MD

10:35 – 10:50 **Devices that assist with walking**

A demonstration of walking aids to help you move safely

Speaker: Marsha Bateman, P.T.

10:50 – 11:05 **Medication and Falls**

Learn how to take medications safely & learn why this is important in preventing falls

Speaker: Gretchen Kunze, PharmD

11:05 – 11:15 **BREAK**

11:15 – 11:30 **Aging in Place**

Learn how to live at home longer & safely

Speaker: Home Safety Innovations

11:30 – 11:45 **Strength & Balance Exercise and Bone Health**

Discover how exercise programs can increase strength and balance to reduce falls as well as impact bone health.

Speakers: Megan Anderson, Gundersen; Diane Brose, P.T.; Heidi Kuennen, YMCA; Gretchen Lindahl, Health Dept; Gwyneth Straker, P.T,

11:45 – 12:00 **Assisting Older Fallers**

A demonstration by Tri-State Ambulance and the La Crosse Fire Dept. on how they assist older fallers

*Speakers: La Crosse Fire Dept
Tri-State Ambulance*

12:01 **DOOR PRIZE DRAWING**