

TAKE CHARGE!

Falls Prevention Deserves Your Attention



Why should you TAKE CHARGE?

Falling is NOT a normal part of aging! Falls are the #1 cause of hospitalization for older adults, but most are completely preventable! These activities can help you stay independent and create awareness of every day fall hazards all while having fun!

What is it?

TAKE CHARGE! will challenge you to participate in multiple areas of falls prevention throughout September with an **opportunity to win prizes!**

When is it?

September 1-30, 2022

Who can participate?

Anyone who is or cares about someone 55+

Where/how do I participate?

Starting September 1st, 2022, check the following website to TAKE CHARGE!

cotrauma.org/sub-committees

Activities will include:



Learn a new exercise



Attend a falls prevention program



Watch a falls prevention video



So much more!

For questions, contact: