



# Preventing Falls: Step by Step

Falls and fall risk are a major concern for older adults. They can negatively impact your health, safety and independence. These programs are designed to empower you to understand your own risk of falling, learn how to increase your strength, balance and mobility, and make practical home and lifestyle adjustments to improve safety.

**1**

## **510 | Individual Fall Risk Assessments**

Mon, Sep 9 | 10:30am – 12pm | Free  
In-person at Oasis

**2**

## **521 | Exercises to Help you Build Strength and Prevent Falls**

Mon, Sep 16 | 1-2pm | Free  
Online via Zoom

**3**

## **531 | Safeguard Your Living Space**

Mon, Sep 23 | 1-2pm | Free  
Hybrid class (At Oasis and on Zoom)

**4**

## **540 | Stay Steady: ER Nurses' Tips to Reduce Your Fall Risk**

Mon, Sep 30 | 1-2pm | Free  
Hybrid class (At Oasis and on Zoom)

**5**

## **550 | Take Advantage of Technology for Fall Prevention**

Mon, Oct 7 | 10:30-11:30am | Free  
Hybrid class (At Oasis and on Zoom)