

National Falls Prevention Awareness Week

Sept. 18-24 is dedicated to bringing public awareness on how to prevent and reduce falls in older adults.

During the week the following clinics will be provided:

Did you fall? How do you get up?

The Orange County Department on Aging and Orange County Emergency Services will present information on how to get yourself up after a fall and demonstrate what a 911 call would look like. This presentation is to help build independence in older adults who are at risk of falls.

DATES	TIMES	LOCATION	CODES
Monday, Sept. 19	9-11am	Seymour Center	232250-01
Thursday, Sept. 22	9-11am	Passmore Center	312271-02



Dizzy Clinic

Are you dizzy or light headed? Does it keep you from going out? Have you fallen in the past year? Vicki Tilley, physical therapist and founder of Elder Fit In Home Rehab-NC, will be offering Vestibular screening! Stop by to ask questions and/or get screened for dizziness and balance issues and learn how you can be more independent.

DATES	TIMES	LOCATION	CODES
Tuesday, Sept. 20	9-11am	Passmore Center	242256-01
Friday, Sept. 23	9-11am	Seymour Center	342277-04



Myth Busting: Arthritis

Join Dr. Colten Sullivan and Dr. Tim O'Connor from Bull City Physical Therapy as they break through the myths about arthritis. Hearing that you have arthritis can be concerning and confusing, but it doesn't mean you can't stay active. Colten and Tim will provide valuable information on the causes, treatments, and how to live a healthy and happy life. Program co-sponsored by the Project EngAGE Falls Prevention and Health Promotion SRT and the Wellness Program.

DATES	TIMES	LOCATION	CODES
Wednesday, Sept 21	10-11am	Seymour Center	344202-01



The Importance of Nutrition and Hydration

Nutrition and hydration is an important factor in falls prevention. Melissa Walter, MPH, RDN, LDN from UNC - will give a virtual presentation on the importance of nutrition and hydration in Fall Prevention and fractures. Link will be provided after registration.

DATES	TIMES	LOCATION	CODES
Wednesday, Sept 21	1-3pm	Virtual	352299-07



To register please call the Seymour Center (919-968-2070) or the Passmore Center (919-245-2015).

