

Want to stay as independent as possible as you age?

Stop in at the Nugget Mall on September 22nd to learn practical ways
to prevent slips, trips and falls, before they happen

Program:

10:30 – 1:30 Get answers	Pick up information on older adults and falling, how you can prevent falls, what to do about medications that can cause falls and get answers to other questions.
10:30- 1:30 Enter our drawing!	Are you 60 or older? Answer a few questions on the falls facts quiz and enter a drawing. The drawing will be at the end of the day: winners will be contacted at their homes.
10:30 10:45 – A program of video clips	Hear from older adults who have had experience with falls and what they have decided to do to prevent this and to stay independent in their own homes
10:45- 11:30 A talk with a Physical therapist	Learn about balance and strength: Get advice how to improve these and stay steady on your feet. Learn how to check your own balance and more.
11:30 – Tai Chi demo, presentation. Try it out!	Tai chi is a gentle exercise form that research shows can improve balance and decrease the chance of falling. You'll have a chance to try out some of the movements to see how it works for you.
12:00 Listen to a pharmacist	Find out what we need to know about medicines and falls- and what we can do about this
12:30 Find out how Southeast Alaska Independent Living center (SAIL) can help	Learn how to choose the right canes, walkers and other equipment. Find out how to use them so they work for you. Learn about changes you can in your home to make it safer. Find out what help there is to pay for some of these changes

* Please check the updated agenda for any new activities when you come to the Mall.