

## Don't Get Tripped Up—Staying Healthy and On Your Feet



As we age, the risk of falling becomes more serious. Falls can result in a broken hip or other bones. Any injury can lead to disability. Even if someone is not hurt by a fall, the fear of falling again can limit a person's activities.

Join Providence experts as they discuss ways you can prevent a fall for yourself or someone you love.

The presentation includes a short introduction to Tai Chi. Join us!

### About the presenters:

Colleen Casey, PhD, ANP-BC, CNS, is the Associate Clinical Director for the Senior Health Program of Providence Health & Services. She leads efforts to help Providence providers and health care teams across various departments and settings in Oregon use evidence-based practices, approaches, and clinical tools to best care for seniors. Dr. Casey also maintains a clinical practice in outpatient geriatrics and as a geriatric consultant.

Providence Portland Medical Center out-patient rehabilitation supervisor, Chase Katich, MSPT, has been a physical therapist for fourteen years, six of those with PH&S. In 2012, Chase was selected by the Oregon Health Authority to help lead fall prevention efforts statewide. He is a certified Stepping On Instructor and has led many classes for both patients and instructors.

**Wednesday, March 15**

6-7:30 p.m.

(doors open at 5:30 p.m.)

Providence Portland  
Cancer Center Amphitheater  
4805 NE Glisan St.  
Portland, OR 97213

### To register, visit:

<http://tinyurl.com/jgh8jlj>  
or call 503-988-8210.

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