



Photos from NCOA's Falls Free® Photo Contest winners.

# Stay Healthy and On Your Feet

## Free fall prevention education events

**Balance, strength, and overall health can change as you age, putting you at risk for falling.**

Even a single fall increases your risk of falling again and can lead to a loss of independence. However, falls do not always come with aging. There are many things you can do to reduce your chance of falling. With the right tools, you can take steps to stay as healthy as possible and on your feet.

**The National Council on Aging's Falls Prevention Awareness Day is Sept. 22.** In support, Providence experts will offer fall risk awareness seminars throughout Oregon. Attend an event near you! Learn how you can reduce the chance you or someone you love will experience a fall. Most presentations include a short introduction to Tai Chi.

**Events are free. To register or check for additional classes:**

- Visit [providence.org/classes](http://providence.org/classes) or,
- Call 503-574-6595 or 800-562-8964

### Monday, Sept. 18

- Providence Newberg Medical Center  
10 a.m.-noon, Sherwood & Dundee rooms

### Thursday, Sept. 21

- Providence Seaside Hospital  
3-4:30 p.m., Education A (lower level)

### Friday, Sept. 22

- Providence St. Vincent Medical Center Campus  
10 a.m.-noon, Mother Joseph Plaza, 1st Floor
- Milwaukie Senior Center  
10 a.m.-noon, Camas/Dogwood Room

### Monday, Sept. 25

- Providence Hood River Memorial Hospital  
10 a.m.-noon, Room 1 & 2

### Thursday, Sept. 28

- Providence Mercantile Medical Plaza  
12:30-2:30 p.m., Building 4035, 1st Floor Conf Rm

### Friday, Sept. 29

- Providence Portland Medical Center  
10 a.m.-noon, Social Room