

YOU HAVE THE POWER TO PREVENT A FALL



Falls Risk Screening Event Join us September 22nd

When:

Friday, Sept. 22, 2023
8:30 a.m. – 12:00 p.m.
Cost: Free

Where:

North Domingo Baca
Multigenerational Center
7521 Carmel Ave NE
Albuquerque, NM 87113

What:

Health science students and faculty from UNM, PIMA, CNM and podiatrists from NM Foot and Ankle Institute will conduct falls risk screenings including strength and balance tests, shoe fit, home safety, and more. Each participant will receive a personalized falls risk report and education on how to reduce the chances of a fall. Optimal aging exhibitors.

Healthy living is about education and action.

Brought to you by: City of Albuquerque Department of Senior Affairs Sports and Fitness Program, New Mexico Adult Falls Prevention Coalition and New Mexico Department of Health
For more information about Falls Prevention, go to ncoa.org/FallsPrevention



National Council on Aging