



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# FALL PREVENTION STRONG TODAY...FALLS FREE TOMORROW

## WHO

Active Older Adults  
Families of Active Older Adults  
Caregivers

## WHERE

Tom Taylor Family YMCA  
10550 Harbor Hill Drive  
Gig Harbor, WA 98332  
253-853-9622  
www.ymcapkc.org

## WHEN

Monday  
September 22  
11am-1pm  
Main Gym

**YOU'RE INVITED** To a special event brought to you by Peninsula Fall Prevention Coalition and the Tom Taylor Family YMCA.



### LEARN MORE ABOUT PREVENTION

Falls are the leading cause of both fatal and non-fatal injuries for those ages 65 and older. The chances of falling and being injured in a fall increase with age. Studies show that a combination of interventions can significantly reduce falls among older adults.

- Physical activity regimens with balance, strength training, and flexibility components
- Receiving a fall risk assessment by a health professional
- Medication reviews
- Annual vision screening
- Making sure the home environment is safe
- Routine hearing assessment

### CONNECT WITH RESOURCES AND PROFESSIONALS

There will be a number of professionals who provide a variety of service that can improve your health, strength, and balance to prevent falls.

Take action today and join us on September 22 at the Y.

Contact Camille Haugan, Health and Well-being Director at 253-534-7865 or [chaugan@ymcapkc.org](mailto:chaugan@ymcapkc.org).

- Multicare
- Gig Harbor Fire Department
- St. Anthony's Pharmaceutical
- Peninsula Independent Living
- Right at Home
- Puget Sound Music Therapy
- Life Care Centers of America
- Rebuilding Together South Sound
- Senior Center - Boys & Girls Clubs
- Brookdale Senior Living

**OPEN TO ALL - FREE TO ATTEND!**



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The Tom Taylor Family YMCA would like to thank our partners for their kind help and expertise in bringing you this Fall Prevention Event:

