



SEPTEMBER 23, 2014 10-1 PM
STRONG TODAY, FALLS FREE TOMORROW

Sponsored by "Pierce County Fall Prevention Coalition" *"Celebrate National Fall Prevention Day with us!"*

Join us for an afternoon of "free education" and "Individual Risk Assessment's". Learn what fall risk's you may need to be aware of and how to obtain resources for these risk's to stay active and independent in your home today!

Speaker, Ed Hrivnak RN- Assistant Chief of Prevention and Education for Central Pierce Fire and Rescue will discuss common fall related accidents that happen in your home as seen by fire fighters responding to 911 calls. Approximate 4 fall related calls daily in Pierce County are responded to by your local fire department's.. How can you help your local fire department to reduce these calls? Please join us for discussion.

Local Professionals will have information on Nutrition Counseling, Vision, Hearing, Medication Risk's, Orthopedic Footwear, Mobility & Aides to Daily Living needs, Home Modification's & Exercise Class Information. Fill your bags with goodies and lot's of great information!

Yes, it's all "Free"!

- A Healthy Lunch
- Individual Fall Risk Assessment's
- Fun & Raffle Prizes!
- Exercise Demo from S.A.I.L. And Mel Korum YMCA

Open to the Public!

WHERE:
PUYALLUP ACTIVITY CENTER

*210 West Pioneer
Puyallup, WA*

253-841-5555

*Sponsored by your local:
"Pierce County Fall Prevention Coalition"*

Advanced Healthcare

Avamere

Cascade Eye and Skin Center

Central Pierce Fire Department

Deaf and Hard of Hearing

Gentiva Healthcare

Mel Korum YMCA

Norco Medical & Oxygen Equipment

Orthopedic Footwear

Pacific Lutheran University

Pierce County Community Connection

S.A.I.L.

Trauma Trust

Walgreens Pharmacy

*A special "Thank you" to Doug, Trudy and the Puyallup Senior
Activity Center we could have not done this without your
support!*