

CAREGIVER UNIVERSITY

A Time for Learning and Sharing

WORKSHOP

Fall Prevention

- Understand fall prevalence in older adults
- Learn the goals for fall prevention for caregivers and care receivers
- Identify fall prevention inside and around the home
- Explore other factors that impact falls such as medication, chronic disease and disability
- Know the tools, equipment and services that help with fall reductions



Date: Thursday, February 14, 2019
Time: 2:00 p.m. – 3:30 p.m.
Location: Highland Park Senior Center
8500 Highway 9
Ben Lomond CA 95005

FREE EVENT!

Participants **MUST** register:

831-624-1588

or www.delmarcaregiver.org

Support Provided By:



DEL MAR CAREGIVER RESOURCE CENTER
A program of Health Projects Center

Sponsored By:



Valley Patient Care

Fragrance-free event. As a courtesy to those affected, please attend smoke and scent free.