

# National Falls Prevention Week- September 18<sup>th</sup>-22<sup>nd</sup>, 2023



Every  
**20 minutes**  
an older adult dies from  
a fall in the United States.  
Many more are injured.  
*Take a stand to prevent falls*

**STEADI** Stopping Elderly  
Accidents, Deaths & Injuries



## SEPT-21<sup>ST</sup>, 2023 AT 4PM

**HELEN HAYES HOSPITAL AUDITORIUM,  
ROUTE 9W, WEST HAVERSTRAW, NY**

Please call 845-786-4771 or email  
[info@nysopep.org](mailto:info@nysopep.org) to register for this free  
community event.

## “MOVE OFTEN, MOVE SAFELY, STOP FALLS, STOP FRACTURES”

**Most falls are  
predictable and  
preventable! Join  
us for a program  
that features Fall  
Awareness 2023!**

**Please join us to  
learn the latest  
information on fall  
risk factors and  
prevention**

**An introduction to  
Tai Chi for  
balance**

**Fall prevention  
deserves your  
attention**

NEW YORK STATE OSTEOPOROSIS  
**NYSOPEP**  
PREVENTION & EDUCATION PROGRAM