

The Arena Club & Agape Physical Therapy present **A Fall Proof Seminar**

**Are you a senior who is concerned about falling?
Do you have a loved one who is at risk for a fall?**

Join us for a seminar to gain some insight into falls by seniors & how they can be prevented!

Seminar will cover the following:

- Prevalance/ Incidence of falls in seniors
 - Causes of falls
- Evaluation process to determine risk of falling
- Working with a Primary Care Physician and Physical Therapist to create a plan of care
 - Fall Prevention Strategies
- Family responsibilities and things to look for that indicate a fall risk



**Tuesday, May 14th
9-9:40am**

**Multipurpose Room
at The Arena Club**



**All are welcome!
Call to Register
410-734-7300**