

Falls Prevention Awareness Month
Safe Mobility & Falls Prevention
Training
at
The Base of Tumamoc Hill

Saturday, September 28

9:00AM-11:00AM

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Did You Know: Falls are the leading cause of injury-related death among U.S. adults over 65?

Did You Know: Balance and core training across the lifespan are the primary ways to prevent fall-related injury in later life?

- Learn the recommended lifestyle considerations to prevent falls
- Participate in Tai Chi and Balance training
- Get hands on experience with mobility aids (walkers, canes, wheelchairs, and shoe modifications)
- Invitation to discuss factors that contribute to or hinder outdoor physical activity and mobility habits among adults in Tucson



THE UNIVERSITY OF ARIZONA

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