

# LIVE SAFE AND STRONG

## Remain Upright – Prevent Falls!

Falling down is NO laughing matter! You can prevent falls and maintain your independence. Even if you don't think you are at risk for falling, others you know may be. Mosey on down with your friends, your family and your neighbors to learn how YOU can stomp out falls! Remaining upright has never been so much FUN!

### Learn How to Reduce the Likelihood of Falling!

- Free fall risk assessment
- Speakers, Demos, Food
- Chair massage, Foot reflexology
- Vendor exhibits, Giveaways
- Information and Resources
- Learn fall prevention strategies to ensure functional independence

## Falls Prevention Fair

Tuesday, Sept. 23 • 10am–2pm

**Peter Kirk Community Center**  
**352 Kirkland Avenue**



### HIGHLIGHTS

#### Risk Factors and Assessment Tools

- Evaluation by Physical Therapist
- Proper Use of Assistive Devices by Occupational Therapist

#### Exercise, Strength and Balance

- Tai Chi, Yoga, Fitness and Wii Demonstration
- Evergreen EnhanceWellness Program
- Classes Available in the Community

#### Home Safety and Modification

- Kirkland Fire Dept. – Falls Factor Program
- Simple Home Improvement Tips
- Home Safety Equipment
- Medical Alert Systems

#### Managing Medications

- Medication Review by a Pharmacist

#### Vision Changes

- Vision Problems
- Information & Resources

#### Hearing Changes

- Hearing Aid Check
- Hearing Concerns
- Information & Resources

#### Feet and Footwear

- Evaluation by a Foot Specialist
- Safe and Sturdy Shoes

#### Healthy Diet

- Eating Well and Bone Health
- Nutrition Activity Quiz

Presented by: City of Kirkland, Evergreen Healthcare, Kirkland Fire Dept., King County Fire & Life Safety Association, King County Fire Marshal's Office, Kirkland Senior Council, Massage Envy of Kirkland and Sear's Miracle Ear

