FREE EVENT
For everyone
60 years and older
& Caregivers

Falls Prevention Awareness Event

Hosted by Western Chatham Senior Center and UNC Health Chatham Rehabilitation Services

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Did you know falls are the leading cause of fatal & non-fatal injuries for older adults?

Falling is not an inevitable result of aging.

You can reduce your risk of falls!

Register and join us for:

Risk factor screening for falls by a variety of healthcare professionals and suggestions on how to reduce your risk!

April 12, 2023
10am-12pm

WESTERN CHATHAM SENIOR CENTER

112 Village Lake Rd.
Siler City, NC, 27344

If you have/use them, please bring the following:

- Glasses
- Medications list
- Assistive device(s)
- Hearing aid or amplifier

Remember to:

- Take medications on the day as prescribed by doctor
- Wear well-fitted shoes with non-skid bottoms, no heel or open back
- Wear loose-fitting, comfortable clothes
- Eat breakfast and hydrate before arrival

Registration (*please submit slip to staff at the Western Chatham Senior Center or to front desk staff at Chatham Rehabilitation Services Outpatient Clinic*)
*Space is limited, advanced registration required

Name of Participant(s):_____ Age:_____

Relationship to participant: ☐ Self ☐ Other: _____

Have you fallen in the last year? ☐ Yes ☐ No

Have you ever received treatment related to falls/falls risk? ☐ Yes ☐ No

Do you live alone or with someone? ☐ Alone ☐ With Someone

Best contact phone number:_____

UNC HEALTH Chatham