

# Falls Prevention Awareness Week

## September 21-25, 2020



COVID-19 has changed a lot of things, but one thing has stayed the same — falling is NOT a normal part of aging. National Falls Prevention Awareness Week, September 21–25, 2020, is designed to spread this important message. Join us for these Zoom Presentations to learn ways to prevent falls for yourself or someone you know.

[Join Zoom](#)

## BALANCE AND FALLS PREVENTION

LEARN STRATEGIES THAT MAY HELP REDUCE THE RISK OF A FALL

FRIDAY, SEPTEMBER 18<sup>TH</sup>

10:00 AM TO 11:00 AM

PRESENTED BY REJUV MEDICAL

JOIN US IN-PERSON OR ON ZOOM

[HTTPS://US02WEB.ZOOM.US/J/277618622](https://us02web.zoom.us/j/277618622)

MUST PREREGISTER FOR IN-PERSON AT 255-7245

### Proper Footwear to Prevent Falls

- Monday, September 21<sup>st</sup>
- 10:00 AM to 11:00 AM
- Join in person or through Zoom at <https://us02web.zoom.us/j/86104375896>

Join Morynn Marx, C.Ped. from *Schuler Shoes* as she reviews with you about proper footwear that can help prevent a fall in your home and outside.



### Common Vision Problems that Cause Senior Falls

Tuesday, September 22<sup>nd</sup>

1:00 PM – 2:00 PM

Join online through Zoom

<https://us02web.zoom.us/j/81083975212>



Presented by:  
Tom Schultz, Insight Eye Care

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## more Zoom Presentations ...

### Medication Management



Presented by Patrician Aubert,  
Pharmacist – Centracare

Wednesday, September 23<sup>rd</sup>

1:00 PM - 2:00 PM

Join Zoom Meeting

<https://us02web.zoom.us/j/86432462418>



### Home Safety

Thursday, September 24<sup>th</sup>

1:00 PM – 2:00 PM

Join us through Zoom & In-person

<https://us02web.zoom.us/j/88955836072>

Presented by: Marjorie Henkemeyer, Faith  
Community Nurse and Paula Woischke, Program  
Coordinator

Must pre-register to attend in person



Join Greg Newinski from the St. Cloud Fire Department to learn more about Fire Safety for your home and how to navigate as a pedestrian safely in your community.

Monday, September 28<sup>th</sup>

10:00 AM to 11:00 AM

Join through Zoom at this LINK

<https://us02web.zoom.us/j/86081111618>

