



FOR IMMEDIATE RELEASE

February 22, 2024

CONTACT: Melissa Nichols, 908-684-5008

Don't Let the Fear of Falling Rule Your Life
Heath Village Hosts Free Fall Prevention Senior Seminar
Wednesday, March 6 at 2:00 p.m.

Washington Township, Morris County – On Wednesday, March 6th at 2:00 p.m. members of the public are invited to join Heath Village residents for a free interactive fall prevention senior seminar.

Falls are the leading cause of injury among older adults. Various health conditions and sometimes medications can make you more likely to fall. Don't let the fear of falling rule your life! Join us for hands-on training with our experienced rehabilitation team to learn how to gain balance, strength, and confidence to help keep you safe.

The seminar will consist of six interactive circuit stations staffed by Heath Village's experienced physical and occupational therapists.

- Balance Test Station: Assessments/tests for fall risk
- Assistive Device Fitting/Usage Station: Ensure assistive devices are used properly
- Corrective Posture Station: Exercises and education for good posture
- Response/Reaction Station: Assess reaction time
- Nutrition/Hydration Station: Importance of hydration & good nutrition for overall health
- Medication Station: Medications that can lead to syncope or dizziness

While the program is free, registration is required. Please call 908-684-5009 to reserve your spot! To learn more about how the Heath Village Rehabilitation Department can help improve your quality of life, mobility and function as well as manage pain, please call 908-684-5214.

Heath Village is a full-service retirement community located at 430 Schooley's Mountain Road in Washington Township, Morris County. For further information, please call 908-852-4801 or visit us on our website at www.heathvillage.com or on Facebook at www.facebook.com/heathvillage.

###