

# Falls Prevention Program via Zoom

For Older Adults who are High-risk of Falling  
Group of 2 – 5 participants only  
(English)

Dates: Sep 15, 22, 29 & Oct 6, 2021 (Wed)

Time: 1:30pm – 2:30pm

Venue: ZOOM

Facilitator: Elsa Uy

## Contents:

- Part 1 – Self-assessment
- Part 2 – Modifying Lifestyle, Behaviour, and Environment
- Part 3 – Medication and Nutrition
- Part 4 – Physical Activity and What to do if You Fall

Older Adults, Seniors and  
Caregivers of aging relatives are welcome!

Registration is required.

For more information / registration:

Please call Elsa at (416) 493 - 3333

or email at [elsa@splc.ca](mailto:elsa@splc.ca)

Zoom link will be sent upon registration.

