

預防跌倒 ZOOM 線上講座

(廣東話)

2022 年 2 月 16 日，星期三

下午 2 : 00-3 : 30

講座內容:

- 跌倒的影響是什麼？
- 有哪些風險因素？
- 預防跌倒的策略是什麼？
- 萬一跌倒怎麼辦？
- 有哪些可用的社區資源？



講員: Kelvin 劉, SPLC 個案經理

需要提前報名。報名登記請於 2022 年 2 月 15 日前致電 416-493-3333 或發電郵至：elsa@splc.ca

歡迎成人，長者，年長家人看顧者，社會服務提供者參與

Topic: Falls Prevention Workshop via Zoom (Cantonese)

Date & Time: Wednesday, Feb 16, 2022, 2:00pm -3:30pm

Speaker: Kelvin Liu, SPLC Case Manager

Learn About:

What are the impacts of falls? / What are the risk factors? / What are the strategies to prevent falls? / What to do in the event of a fall? / What are the community resources available?

Registration Required.

Please Register on or before Feb 15, 2022.

ZOOM link will be provided upon registration

For registration, please call 419-493-3333 or EMAIL: elsa@splc.ca

Older adults, seniors, caregivers, newcomers & service providers are welcome!