



Action Steps

Injury Prevention & Self Care for Older Adults

Location: _____

Date: _____ Time: _____

Contact us: _____

Join us for a presentation with information, resources and BINGO.

- *Action steps our seniors can take to prevent injury from falls.*
- *Proactive health management with supplemental alternatives to pain medicines.*
- *Ideas for caregivers to ensure safe spaces.*

Sign Up Here! _____

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