



Action Steps

Injury Prevention & Self Care for Older Adults

A 45 minute presentation focusing on injury prevention for older adults providing information and local resources and a fun, interactive and educational **BINGO** game.

What the Action Steps Program offers:

- *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.*
- *Access and promotion of local resources for our older adult population.*

April 1st – 1pm
West Warwick Manor



**Kent County
Prevention Coalition**
Member of Rhode Island Regional Coalitions



**South County
Prevention Coalition**
Member of Rhode Island Regional Coalitions



Rlprevention.org