

# National Fall Prevention Week



Join us on September 18, 2021 to learn about fall prevention and take part in a personal fall risk assessment.

## Choose a Session

8:45am - 11:00am  
or  
12:45 pm- 3:00pm

## Agenda

- Group Session
- Welcome
  - Falls and Medication
- Individual Assessments:
- Gait Speed
  - Balance Test
  - Posture Assessment
  - Timed get up and go

## Personal Assessment

Take home your personalized fall risk assessment and valuable information on fall prevention.

**CALL THE THRIVE CENTER AT  
502-631-9422  
TO REGISTER**

***Presented at the Thrive Center in partnership with Bellarmine University's Doctor of Physical Therapy Program and the Frazier Polypharmacy and Medication Management Department.  
Refreshments sponsored by Kentuckiana AARP***

