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How to Reduce your Risk of Falling, Virginia Caregiver Coalition. Zoom

Date and Time

Thursday 5/19/2022 9:30am

Event URL

[Register Here](#)

Event Region

Statewide

Event Type

Class - Workshop

Event Cost

\$0.00

Event Description

How to Reduce your Risk of Falling. Presented by: Andi Platea, Prevention Programs Coordinator, Virginia Dept. for Aging and Rehab. Services Presentation Objectives: ☐ View falls as controllable

☐ Set goals for increasing activity ☐ Make changes to reduce fall risk at home ☐ Exercise to increase strength and balance. A MATTER OF BALANCE is an award winning program designed to reduce the fear of falling and encourage increased activity levels. Thursday, May 19, 2022 @ 9:30 am. Virtually Via Zoom. You must register for the meeting beforehand in order to get the Zoom call in number and password. You can register at the link below:

Our mission is to improve the experience of caregiving across the lifespan through education and access to resources.