



# TOPPLE THE MYTHS CONQUER YOUR RISKS

Join St. Louis Oasis for

## Falls Prevention Awareness Day

### When

Friday, September 20, 11:00am-2:00pm

### Where

New Northside Family Life Center  
5939 Goodfellow Blvd, St. Louis, MO 63147

### Details

This FREE event includes exercise demonstrations, a falls prevention presentation, information about home assessment and home modifications, numerous vendor tables, a light lunch and more!

### Register

Visit [stloasis.org](http://stloasis.org) or call **314.862.4859, ext. 24** to register for **class #4502**

**Myth 1:** Falling happens to other people, not to me.

**Reality:** Many people think, "It won't happen to me." But the truth is that 1 in 4 older adults fall every year in the U.S.

**Myth 2:** Falling is something normal that happens as you get older.

**Reality:** Falling is not a normal part of aging. Strength and balance exercises, managing your medications, having your vision checked and making your living environment safer are all steps you can take to prevent a fall.

**Myth 3:** If I limit my activity, I won't fall.

**Reality:** Some people believe that the best way to prevent falls is to stay at home and limit activity. Not true. Performing physical activities will actually help you stay independent, as your strength and range of motion benefit from remaining active. Social activities are also good for your overall health.

