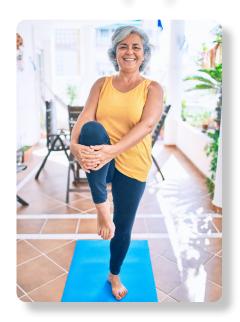


Focus on Fall(s)!

September is Fall Prevention
Month and Oasis wants to help
you stay safe by arming you
with information to decrease
your fall risk. Each year, one in
five adults will have a fall that
results in injury. Learn about
the factors that may make a fall
more likely and what steps you
can take to protect yourself
with these Fall Prevention
classes.



451

Focus on Falls: Lecture and Prevention Fair
John Natale PT, DPT, Suburban Hospital
Tue, Sep 5 | 1-3:30pm | Free

Learn how to improve balance and prevent falls. This lecture will take place in-person at Oasis and on Zoom from 1-2pm. For inperson participants, visit our fall prevention fair after the class for more helpful tips, giveaways and refreshments.

462

Exercises to Build Strength and Prevent Falls
Aubrey Reinmiller, PTA, CPT, Vitality Fitness and Wellness
Mon, Sep 11 | 3-4pm | Free

Learn about the common causes of imbalance and exercises to address them. This lecture is online-only.

483

A Pharmacist's Perspective on Preventing Falls Mai Eltabak, PharmD, Suburban Hospital Wed, Sep 27 | 3-4pm | Free

We'll take a look at different medications and how they can contribute to falls. This lecture is online-only.

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Exercise of any kind can help to reduce your fall risk by building strength and improving balance.

Check out these fitness classes:

#900 | Yoga Dance (IN-PERSON CLASS)

#903 | Build Better Balance (ONLINE CLASS)

#905 | Have a Ball with Cardio Drumming (IN-PERSON CLASS)