

# 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 in-person 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.*



## **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)**

**"Let the  
leaves  
do the  
falling!"**

*These programs are brought to you through the generosity of the Florence Nesh Charitable Trust.*