

# Join SMAA's Falls Prevention Webinar Series!

*Every eleven seconds, an older adult is seen in an emergency department for a fall-related injury. Many people think falls are a normal part of aging. The truth is, most falls can be prevented, and you have the power to reduce your risk!*

As we approach Falls Prevention Awareness Week in September, Southern Maine Agency on Aging is partnering with the National Council on Aging and the Bone Health and Osteoporosis Foundation to **present four empowering webinars to help you prevent falls.**

**These webinars will occur on Mondays from 2:00-3:00PM.**

## September 9 - From Awareness to Action

**Six Steps to Prevent Falls:** Falls have enormous economic and personal costs. Learn six practical lifestyle adjustments you can make to prevent falls and to stay independent.

## September 16 - Stepping out Strong

**Building Strength & Balance to Prevent Falls:** Falls, fractures, and bone health are closely linked. Take action to prevent fractures.

## September 23 - Tai Chi

**Prevent Falls by Strengthening the Body and Focusing the Mind:** As we age, it is common to feel unsteady or to have a fear of falling. The good news is that tai chi is proven to help decrease the risk of falls.

## September 30 - Changing Thoughts and Behaviors

**You Have the Power to Prevent a Fall:** Falls are not an inevitable part of aging! With some mindfulness, planning, and positivity there are so many things you can do to stay upright, active and independent!



**To register, please visit [smaa.org/events](https://smaa.org/events)**  
**The same Zoom link will be used for all four webinars.**  
**207-396-6578 | [agewell@smaa.org](mailto:agewell@smaa.org)**



*Southern Maine*  
**AGENCY**  
*On AGING*  
EMPOWERING OLDER ADULTS  
AND THEIR CAREGIVERS