



Join Us for Falls Prevention Week at the Wise & Well Center

September 20-24, 2021

TUESDAY

Guided walking tours through Roland Park

Time: 9:30 am

WEDNESDAY

Health Aging: How to reduce your fall risk

Time: 10:00 am

Nutrition smarts for walking steady

Time: 2:00 pm

THURSDAY

Flu Shot Clinic

Time: 10:00 am - 4:00 pm

QTUG Balance Screening

Time: 11:00 am - 1:00 pm

What you should know to stay safe

Time: 2:00 pm

Representatives from the Maryland chapter for the American Society of Consultant Pharmacists will lead an engaging and interactive presentation about medications that may contribute to falls. This virtual presentation will include multiple experts to provide a fun and educating way to reduce your risk for falls.

FRIDAY

Fall Risk & Balance Screenings will be offered free from Chapman Physical Therapy.

Call to schedule your screening in advance

Time: 11:00 am

Fall Prevention Week Celebration with special guest expert Dan Chapman, PT. Lunch provided.

Call ahead to reserve your spot

Time: 12:00 pm

Walk for health and balance BINGO prizes

Time: 2:00 pm