



Fall Prevention Workshop

BROUGHT TO YOU BY AGE OF CENTRAL TEXAS, AREA AGENCY ON AGING OF THE CAPITAL AREA AND THE CITY OF BUDA TASK FORCE ON AGING.

THIS IS A FREE WORKSHOP.

**WHEN: SEPTEMBER 18, 2018
11 AM—2 PM**

**WHERE: ONION CREEK SENIOR CENTER
420 BARTON CROSSING**

(REFRESHMENTS PROVIDED)

TOPICS COVERED

MEDICATION MANAGEMENT

BALANCE/STAYING ACTIVE

HOME SAFETY MODIFICATIONS

USE OF ADAPTIVE EQUIPMENT

VISION/SENSORY DEFICITS

FALL PREVENTION PROGRAMS

THE WORKSHOP WILL EMPHASIZE WAYS TO PREVENT FALLS AND MAINTAIN INDEPENDENCE