



Photos from NCOA's Falls Free® Photo Contest winners.

Stay Healthy and On Your Feet

Free fall prevention education events

The **National Council on Aging's Fall Prevention Awareness Day is Sept. 22**. In support, Providence experts will offer fall risk awareness classes throughout Oregon. Attend an event near you! Learn how you can reduce the chance you or someone you love will experience a fall. Most classes include a short introduction to Tai Chi.

Events are free. See other side for details.

To register or check for additional classes:

- Visit providence.org/classes or
- Call 503-574-6595 or 800-562-8964

Providence Pharmacists will be available after the class to conduct medication reviews for seniors attending the class. **If you want to participate, please bring a current list, including dosages and any over-the-counter medications.** The pharmacist can check to see if any of your medications could increase your risk to fall. Your medications will not change. Advice will be given for you to discuss with your healthcare provider.

Stay Healthy and On Your Feet

Free fall prevention education events

Tuesday, Sept. 17

Lake Oswego Community Center

505 G Ave. Lake Oswego, Oregon 97034

10 a.m. - noon

Wednesday, Sept. 18

Hood River, Providence Down Manor

1950 Sterling Place Hood River, OR 97031

10 a.m. - noon

Thursday, Sept. 19

Courtyard Fountain Gresham

1545 SE 223rd Ave. Gresham, OR 97030

1-3 p.m.

Friday, Sept. 20

Milwaukie Senior Center

5440 SE Kellogg Creek Dr.

Milwaukie, OR 97222

10 a.m. – noon

Monday, Sept. 23

Hollywood Senior Center

1820 NE 40th Ave. Portland, OR 97212

9 – 11 a.m.

Tuesday, Sept. 24

Cannon Beach Conference Center

207 N Spruce St.

Cannon Beach, OR 97110

1-3 p.m.

Wednesday, Sept. 25

Ashland Senior Center

1699 Homes Ave. Ashland, OR 97520

1-3 p.m.

Thursday, Sept. 26

Rogue Valley Family YMCA

522 W 6th St. Medford, OR 97501

10 a.m. - noon

Friday, Sept. 27

Firstenburg Community Center

700 NE 136th Vancouver, WA 98684

10 a.m. – noon

Tuesday, Oct. 1

Friendsview Retirement Community

1301 Fulton St. Newberg, OR 97132

1-3 p.m.

Wednesday, Oct. 2

Elsie Stuhr Senior Center

5550 SW Hall Blvd. Beaverton, OR 97005

1-3 p.m.