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Go Back

Print Page

Falls Prevention Awareness Day to be held Sept. 23 with a community event at the Mentor Senior Center

Monday, September 15, 2014

The Lake County Council on Aging, in partnership with University Hospitals Geauga will mark Falls Prevention Awareness Day on Sept. 23 with a community event at the Mentor Senior Center, 8484 Munson Road.

Beginning at 10 a.m., free health screenings will be offered, including blood pressure checks, stroke risk assessment, bone density, and balance screenings. A special presentation and demonstration will feature proper body mechanics, making a home safe, and getting up after a fall.

At 12:30 p.m. an expert panel discussion will take questions from the audience.

Attendees will also have the opportunity to meet with and learn from the Lake County General Health District, Lifeline 211, Mentor and Concord UH Urgent Care, local safety forces and the Council on Aging.

Reservations can be made for this free event by calling the Mentor Senior Center at 440-974-5725.

Those interested may also purchase a \$4 lunch at the center.

Go Back

Print Page

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