

Fall Prevention Awareness Week

Offered free of charge to Weld County residents over age 60



Caregiver Conversations: Fall Prevention

10:00 a.m., Monday, Sept. 21

Join the Area Agency on Aging and Alzheimer's Association for a seminar reviewing the Fall Prevention Conversation Guide for Caregivers developed by the National Council on Aging.

Walking for Wellness

2:00 p.m., Monday, Sept. 21

Learn tips and tricks to develop a walking plan tailored to your own personal goals.

Reduce Your Fall Risk: Identifying Nutrition & Hydration Interventions

9:00 a.m., Tuesday, Sept. 22

What nutrients and beverages are helpful to prevent falls and injury? Join registered dietitian Lorrie Wellman for a seminar to explore possible solutions.

Silver Sneakers/Renew Active

10:00 a.m., Wednesday, Sept. 23

Experience a virtual Silver Sneakers® Classic class led by instructor Chrissie S from EAPRD.

Chair Yoga

10:00 a.m., Thursday, Sept. 25

Join us for yoga led by instructor Amy Hodge from EAPRD. Appropriate for all fitness levels.

Tai Chi for Fall Prevention

10:00 a.m., Friday, Sept. 25

Observe or participate in Tai Chi based on the Tai Chi: Moving for Better Balance program offered by the Area Agency on Aging.



Fill your Passport!

Log physical activity and event attendance during the week to earn an opportunity to be entered in prize drawings!

To Register:

All events will take place as online Zoom meetings.

Contact Whitney to register:

By phone (970) 400-6117 or at wjanzen-pankratz@weldgov.com

