



Falls are the leading cause of fatal and non-fatal injuries for Older Americans. Falls threaten seniors' safety and independence and generate enormous economic and personal costs.

September is Fall Prevention Month

and here at Elmwood Hall we will be running a

Fall Prevention Awareness Series on the following Tuesdays:

September 12 at 10:30 - Benefits of Tai Chi

Elmwood's very own Tai Chi instructor, Susan Bradley, will explain and lead an interactive demonstration of the Dr. Fuzhong Li style of Tai Chi. Dr. Fuzhong Li, Ph.D., is a leading tai chi researcher whose method is proven to improve balance. Susan is certified in the Yang style Dr. Li teaches.

September 19 at 1:00 pm -Balance Testing, Avoiding Falls, Building Strength
Physical Therapists from Greenwood Physical Therapy will be here doing balance testing and offering tips to help you stay on your feet.

September 26 at 1:00 pm - Home Safety and Modifications

Jim Gustin from Home Crew CT, a certified Aging in Place Home Specialist will discuss a range of specific home modifications to help you remain safe in your home.

Sign up at the Front Desk!