

Fall Prevention Awareness Day

Do you have concerns about falling?

Honor National Fall Prevention Awareness Day and learn what you can do to prevent falls at this educational event hosted by Health Quest Medical Supply Store and Dignity Health Mercy San Juan Medical Center.

Health screenings and activities will include:

- Fall Prevention Presentation
- A Matter of Balance class information
- Mobility device fittings
- Balance assessments
- Blood pressure screenings
- Home alert system information
- Prizes and more!

Who should attend?

- anyone concerned about falls
- anyone interested in improving balance, flexibility and strength
- anyone who has restricted activities because of falling concerns



HealthQuest

8141 Greenback Ln
Fair Oaks, CA 95628

Monday, September 23, 2019

10:00 am - 11:00 am

Please click [HERE](#) to RSVP via Facebook or visit the [StopFalls Sacramento](#) Facebook page for more events

