

Have you fallen, or are you afraid you might have a fall?

Join Lighthouse Guild's Falls Prevention Program



About one-third of all people age 65 and older fall each year. Older adults with vision loss are twice as likely to fall as those without vision loss and are also more likely to sustain an injury if they do fall. To address this, Lighthouse Guild is offering a falls prevention program specifically designed for seniors with vision loss.

You will learn to:

- View falls as controllable
- Increase strength and improve balance
- Set goals for increasing activity
- Make changes to reduce fall risks at home

You should attend if you:

- Are 60 years or older
- Have a vision problem (Ex. Eye disease or trouble seeing to do daily activities)
- Are concerned about falls
- Want to improve balance, flexibility and strength

The program will meet once a week for 8 weeks at **DOROT**. Please **RSVP** at dorotprograms@dorotusa.org or **917-441-3745**

An info session will be held on **Tuesday, June 18th at 10:30am**



The program schedule is listed on the back >>>

Falls Prevention Program Schedule

Session	Meeting Date	Topic
Session 1	July 2, 2019	Introduction to the Program
Session 2	July 9, 2019	Exploring Thoughts and Concerns About Falling
Session 3	July 16, 2019	Exercise and Fall Prevention
Session 4	July 23, 2019	Assertiveness and Fall Prevention
Session 5	July 30, 2019	Managing Concerns About Falling
Session 6	August 6, 2019	Recognizing Fall-ty Habits
Session 7	August 13, 2019	Recognizing Fall Hazards in the Home and Community
Session 8	August 20, 2019	Practicing No Fall-ty Habits/ Fall Prevention: Putting It All Together