



## 2021 Falls Prevention Seminar Series

*Falls are the #1 cause of accidental injury and death in people aged 65+.*

*They are common in people of all ages, but ALL falls are preventable!*

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The Idaho Commission on Aging is proud to host a series of informational seminars during September to celebrate Falls Prevention Awareness Month. Please join us and our panels of Idaho medical and healthcare professionals to learn why we fall, what factors can contribute to our fall risk, and how we can prevent them. Use the links below to register

*Find out more about falls on our [ICOA FPAM website](#)*

1. **[Stay Informed: Why Falls Matter and how You Can Prevent Them](#)**

(General audiences)

Wednesday, September 8<sup>th</sup>

10:00 AM – 11:30 AM MDT

9:00 AM – 10:30 AM PDT

2. **[Stay Informed: The Importance of Falls Assessment as a Matter of Practice](#)**

(Medical/Healthcare students) and practicing professionals

Wednesday, September 15<sup>th</sup>

5:00 PM – 6:00 PM MDT

4:00 PM – 5:00 PM PDT

3. **[Stay Safe: Recognize & Remove Trip Hazards at Home](#)**

(General audiences)

Wednesday, September 22<sup>nd</sup>

10:00 AM – 11:00 Am MDT

9:00 AM – 10:00 AM PDT

4. **[Stay Healthy: Simple Steps to Improve Balance & Prevent Falls](#)**

(General audiences)

Wednesday, September 29<sup>th</sup>

10:00 AM – 11:00 Am MDT

9:00 AM – 10:00 AM PDT