

**VIRTUAL INJURY PREVENTION LIVE WEBINAR ON SEPTEMBER 22 AT 11AM**

The coronavirus pandemic has changed a lot of things. One thing that’s still the same? Falling is NOT a normal part of aging.

Step Smart is committed to empowering all older adults in southwest Florida to age well and stay falls free. We are partnering with the National Council on Aging (NCOA) to mark **Falls Prevention Awareness Week on September 20-24, 2021.**

This is a perfect opportunity for older adults and caregivers in our hometown to learn how to prevent falls and take steps to reduce their risk.

**Join us September 22 at 11am for Virtual Injury Prevention Live Webinar** to learn how you or an older relative, friend, or neighbor can stay falls free.

The event will be followed by a 15 min Tai-Chi demonstration by the Area Agency on Aging and will feature a brand-new online falls risk assessment tool available at no cost to individuals across the country. Visitors to www.ncoa.org/FallsFreeCheckUp can complete a short, 12-question survey that screens for the most common falls risk factors.

Visit this link to register:⁠ Meeting Registration - Zoom or call (239) 351-5550⁠.

⁠

During the week, we will also be presenting short videos from various local professionals in the different fields of some of the factors that affect the risk of falls. These videos can be found on our website (www.StepSmart.org) or on our Facebook page (@StepSmartSWFL).

For more information email us at info@stepsmart.org⁠.