

Take a simple step to prevent falls by joining us at this free event!

Fall Prevention 101 & Screening Clinic

With NDDH Education and Communications Coordinator Linda Colangelo
and Public Health Nurse Nancy Beaudry

Tuesday, December 6, 2016

St. Mary Church Hall

218 Providence Street, Putnam

1:00 – 3:30 pm



Attend this engaging presentation to learn about:

- Six things that increase your risk of falling
- Practical advice to stay on your feet
- How to reduce your risk of falling
 - How to get up from a fall



More great news for folks who want to stay on their toes:

FREE Postural Hypotension Blood Pressure Screening

2:00 – 3:30 pm

What is Postural Hypotension?

“Postural” means change with position and “hypotension” means *low* blood pressure. “Postural hypotension” means the blood pressure drops too low when a person stands up. Low blood pressure can cause dizziness and increase your risk of falling.

Presented By:



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