



September

Practical Tips for Staying on Your Feet: Fall Prevention

Learn how to reduce your risk of falling through practical tips, risk factor awareness, and tools to stay safe. Gain confidence and communicate more effectively with loved ones and healthcare providers about fall prevention.

DATE: 09.10.2025

TIME: 11:00am

LOCATION: Portage Commons

ADDRESS: 133 N. Williams St., South Bend, IN 46601

Space is limited, reserve your spot today by calling (574) 284-7189 to register.



Silja Jaquay
Health Education
Manager

Silja Jaquay is the Health Educator Manager for REAL Services, Inc. and a certified facilitator for several evidence-based fall prevention programs. With nearly 20 years in prevention education and health promotion, Silja has a passion to help individuals live healthy, independent lives on their own terms.

 realservices.org  Real Services, Inc.

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