



September

## Stay on Your Feet: Falls Prevention Made Simple

Falls are one of the leading causes of injury among older adults although many are preventable. Join us to learn evidence-based strategies to reduce fall risk, improve balance and strength, communicate more effectively with loved ones and health providers, and identify home hazards.

DATE: 09.25.26

TIME: 11:30 AM

LOCATION: One Roof Southeast Neighborhood Ctr

ADDRESS: 405 E. Dubail Ave., South Bend, IN 46613

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

**Register for lunch by 12 PM: 09.22.26**



*Program may be provided in part by funding through Indiana Family and Social Services Administration through the Older Americans Act.*



**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.