



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: 09.17.26.

TIME: 11:00 AM

LOCATION: Owls Active Aging Center at Trinity

ADDRESS: 2715 E. Jackson Blvd., Elkhart, IN 46516

**Space is limited, reserve your spot today
by calling (574) 336-2652 to register.**



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.