



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: 09.09.26

TIME: 11:30 AM

LOCATION: Portage Commons

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

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

Register for lunch by 12 PM: 09.04.26



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



Savannah Hardy

Community Health Worker

Savannah Hardy is the community health worker for REAL Services, where she is dedicated to helping older adults improve their health, maintain their independence, and connect with valuable community resources. She is passionate about empowering older adults and helping individuals overcome barriers through education, advocacy, and compassionate support.