



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: 09.22.26

TIME: 11:30 AM

LOCATION: Salvation Army

ADDRESS: 300 N. Main St., Elkhart, IN 46516

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

Register for lunch by 12 PM: 09.17.26



ELKHART

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

 realservices.org

 Real Services, Inc.



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.