

FALLS PREVENTION WEEK

SEPT. 17-21, 2018

Monday - September 17

Falls Awareness Learning Lab	9 - 10 a.m.	ManorCare Staff	ManorCare	303-440-9100
Staying Safe at Home	9:30 - 10:30 a.m.	Karla Hale	Longmont Senior Center	303-651-8411
I've Fallen and I CAN Get Up*	10 - 11:30 a.m.	Sarah Griffith, PT, DPT	Lashley St. Station, Longmont	303-651-8411
Falls Awareness Learning Lab	11 - 12:45 p.m.	Boulder County AAA Staff	West Boulder Senior Center	303-441-3148
Don't Let Joint Pain Hold You Back*	1 - 2 p.m.	Brian Blackwood, MD	West Boulder Senior Center	303-441-3148
Healthy Feet	1:30 - 3 p.m.	Laura Olinger	Kestrel	720-630-0280
Balance Class	2 - 3 p.m.	Leora Garcia, MS, OTR/L	Golden West/Aspen Room Penthouse	303-939-0876
Hearing, Vision, Agility and Risk Factor Assessments; Medication Review, Falls Awareness Learning Lab	2 - 4 p.m.	Heide Barrowman, Dinah Pollard, Good Samaritan Medical Staff	Lafayette Senior Center	303-661-1491
Defying Gravity: What's Your Balance Like?	3-4 p.m.	Frasier Meadows Clinical Staff	Frasier Meadows/ Classroom B	720-562-4416

Tuesday - September 18

T'ai Chi in the Park*	10 - 11 a.m.	Steve Arney	West Boulder Senior Center, grassy area near Boulder Creek	303-441-3148
Falls Awareness Learning Lab	10 a.m. - 12:30 p.m.	Boulder County AAA Staff	Frasier Meadows Main Lobby	720-562-4416
Blood Pressure and Blood Glucose Checks Omni VR demo (Virtual reality to check balance)	11 a.m. - noon	ManorCare Staff	ManorCare	303-440-9100
How to Prevent Falls BEFORE They Happen	1 - 2 p.m.	Christa Pavlus, OTR	Golden West/Aspen Room Penthouse	303-939-0876
Falls Awareness Learning Lab	1:30 - 2:30 p.m.	Boulder County AAA Staff	East Boulder Senior Center	303-441-4150
Fix It Walkers/ Wheelchairs	2 - 4 p.m.	Cultivate Staff	Golden West	303-939-0876
Getting off the Ground, Vision Experience, Walk the Block; Walker and Cane Adjustments	2 - 4 p.m.	Heide Barrowman, Dinah Pollard, Good Samaritan Medical Staff	Lafayette Senior Center	303-661-1491
The Science of Falls Prevention*	3 - 4 p.m.	Nathan Estrada, DPT	East Boulder Senior Center	303-441-4150
Tai Chi Demo	4 - 4:30 p.m.	Wendy Christ	Frasier Meadows/ Classroom A	720-562-4416

Wednesday - September 20

Falls Awareness Learning Lab	10 - 11:30 a.m.	Boulder County AAA Staff	Longmont Senior Center	303-651-8411
Falls Awareness Learning Lab	12:30 - 1:30 p.m.	Boulder County AAA Staff	Walt Self Apartments	303-823-8250
Falls Prevention Refresher	12:30 - 1 p.m.	Serene Karplus	Nederland Community Center	303-258-0799
I've Fallen and I CAN Get Up	3:00 p.m.	Leora Garcia, MS, OTR/L, Guy Love, PTA	Golden West/1st Floor Dining Room	303-939-0876
Fear of Falling Talk and Discussion	3 - 4 p.m.	Hannah Wemhoff	Frasier Meadows/4th Floor Assembly Room	720-562-4416
Fear of Falling Discussion & Falls Awareness Learning Lab	3 - 4 p.m.	Melissa Pruitt	High Mar	720-473-4477

Thursday - September 20

Balance Screening and Assessments*	9 - noon	Summit Rehab at Life Care staff	Longmont Senior Center	303-651-8411
Falls Prevention Awareness: Interactive Display and Discussion**	11 a.m. - 12:30 p.m.	Good Samaritan Medical Staff/ Boulder County AAA Staff	Erie Senior Center	303-926-2795
PWR!Moves class & Parkinson's, Balance and Gait discussion	11:30 a.m. - 12:15 p.m.	Amy Miller	Frasier Meadows/ Classroom A	720-562-4416
Balance! Where and when YOU want!	1 - 2 p.m.	Lynne DuGuay	Frasier Meadows/ Classroom B	720-562-4416
Falls Prevention: Urologic Conditions*	1:30 - 3 p.m.	Carolyn Fronczak, MD	East Boulder Senior Center	303-441-4150
Falls Prevention Strategies Balance/Falls Screenings	1:30 - 3 p.m.	Bayada Therapy Staff	The Peaks at Old Laramie Trail	303-440-6050
Bone Builders and Bone Breakers! and Falls Prevention Learning Lab	1:30 - 4:30 p.m.	Helen Dohrman/ Boulder County AAA	Natural Grocers	303-926-1600
Balance Class	2 - 3 p.m.	Leora Garcia, MS, OTR/L/Guy Love, PTA	Golden West/Aspen Room Penthouse	303-939-0876
Matter of Balance Demo (Spanish)	2:30 - 3:30 p.m.	Boulder County AAA Staff	Lashley St. Station	303-651-8414

Friday - September 21

Screenings: Posture, Memory, Home Safety, Falls Awareness Learning Lab	9 a.m. - 1 p.m.	Boulder Community Therapy Staff Boulder County AAA	Boulder Community Health Medical Pavillion	303-415-4212 bchlectures.org/falls
FallProof™ Class*	9 - 9:45 a.m.	Boulder Community Therapy Staff	Boulder Community Health Medical Pavillion	303-415-4212 bchlectures.org/falls
Falls Associated with Hearing Loss	9:15 - 9:45 a.m.	Aimee Langlois, Ph.D.	Boulder Community Health Medical Pavillion	303-415-4212 bchlectures.org/falls
Tai Chi Class*	10 - 10:45 a.m.	Boulder Community Therapy Staff	Boulder Community Health Medical Pavillion	303-415-4212 bchlectures.org/falls
Falls Associated with Hearing Loss	10:15 - 10:45 a.m.	Aimee Langlois, Ph.D.	Boulder Community Health Medical Pavillion	303-415-4212 bchlectures.org/falls
I've Fallen and I Can Get Up	11 - 11:30 a.m.	Nicole Barabas	Frasier Meadows/ Classroom A	720-562-4416
FallProof™*	11 - 11:45 a.m.	Boulder Community Therapy Staff	Boulder Community Health Medical Pavillion	303-415-4212 bchlectures.org/falls
Falls Associated with Hearing Loss	11:15 - 11:45 a.m.	Aimee Langlois, Ph.D.	Boulder Community Health Medical Pavillion	303-415-4212 bchlectures.org/falls
Tai Chi Class*	12 - 12:45 p.m.	Boulder Community Therapy Staff	Boulder Community Health Medical Pavillion	303-415-4212 bchlectures.org/falls
DIY--Make Your Home Safer with Free and Low Cost Fixes You Can Do Yourself	1 - 2 p.m.	Sarah Griffith	Longmont Senior Center	303-651-8411
Feet*	1 - 3 p.m.	Laura Olinger	West Boulder Senior Center	303-441-3148

* Pre-Registration Required

Sept. 17-21 is Falls Prevention Week sponsored by the Boulder County Partners for Falls Prevention. We hope you will take advantage of the many programs being offered throughout the county. This is an opportunity to learn how to prevent a fall from "Changing Your Life."



Programs & Services for Healthy Living
303-441-3599
www.BoulderCountyHealthyAging.org