



## Jefferson County PUBLIC HEALTH SERVICE

Public Health Facility, 531 Meade Street, Watertown, New York 13601

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For Immediate Release

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### **Jefferson County Public Health Service Offers a Fall Prevention Program Series**

**September 5, 2012 Watertown, NY** - Every 15 seconds, an older adult is seen in an Emergency Department for a fall-related injury. Nationally, falls are the leading cause of both fatal and nonfatal injuries for those aged 65 and over. Studies show that a combination of interventions can significantly reduce falls in the older adult population.

Experts recommend a physical activity routine with balance, strength training, and flexibility components; consulting with a health professional about getting a fall risk assessment; having medications reviewed periodically; getting eyes checked annually; and making sure the home environment is safe and supportive.

The Jefferson County Public Health Service (JCPHS) is offering a fall prevention series, Get a Grip - Don't Trip, aimed to improve the health and safety of individuals. The six week class series is an opportunity for seniors and family caregivers to learn safety precautions to reduce the risk of falls and injuries. The classes are scheduled to begin Friday, September 21, from 11 am until noon at the Public Health Facility at 531 Meade Street, Watertown, NY. There is no charge for this workshop series.

The JCPHS Therapy Team, lead by Amanda Mower, Occupational Therapist, will provide a series of educational classes to improve safety in your home along with exercises to improve strength and balance. Class topics will include: Medication Management, Tai Chi Fitness for Seniors, Vision Assessment, and Home Safety. Each session will include both classroom instruction and hands on training.

This program will help older adults gain strength, improve balance, and develop confidence to live healthier, safer lives and preserve their independence.

To make a reservation for the Fall Prevention workshop series please call (315) 786-3710. For more information about services the JCPHS offers go to [www.jcphs.org](http://www.jcphs.org)

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