

FALL PREVENTION ACTIVITIES



Falls among older adults is a major health concern

Check out our FREE classes and presentations on how to reduce your chances of falling, including:

- Improving your strength and balance
- Decreasing falls in your home
- What to do after you fall

Visit hclhic.org/healthy/older-adult for a list of classes. Contact your local 50+ Center with any questions.

Howard County LHIC
Local Health Improvement Coalition



Howard County
Office of Aging & Independence