



FALL PREVENTION

CLASS FOR PATIENTS, CAREGIVERS, & FAMILIES

The **R Adams Cowley Shock Trauma Center**, in partnership with the ThinkFirst® National Injury Prevention Foundation, offers a **free, one-hour falls education class** to help keep your loved one safe.

IN PERSON

JOIN US ON THE FIRST FLOOR OF SHOCK TRAUMA, IN **ROOM T1R15** ACROSS FROM THE AUDITORIUM

VIRTUAL

TUNE INTO THE WEBEX VIDEO LIVESTREAM AT **UMMS.COM/FALLSCLASS** OR SCAN THE QR CODE



This hybrid class is offered on the second Wednesday of every month at 5:30 PM.

Learn the essentials of fall prevention, strategies for talking to your doctor, tips for medication management, ideas for home modifications, exercises and more.



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umm.edu/prevention