



## Grand Traverse County Commission on Aging Senior Center Network

801 E. Front St.  
Traverse City, MI 49686  
231-922-4911  
[www.gtcoa.org](http://www.gtcoa.org)

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### **\*FOR IMMEDIATE RELEASE\***

**Date: Friday, September 04, 2015**

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#### **Subject: Free Falls Risk Assessments**

The 8th annual Falls Prevention Awareness Day (FPAD) will be observed on September 23, 2015—the first day of fall. The Senior Center Network in Traverse City has teamed up with Physical Therapy and Balance Centers to offer free falls risk assessments from 10:00 a.m. – 2:00 p.m. that day.

This event seeks to raise awareness about how to prevent fall-related injuries among older adults. According to the CDC's National Center for Injury Prevention and Control, one out of three adults aged 5 or older falls each year, but less than half talk to their healthcare providers about it.

“We are pleased to offer these free assessments that could prevent a tragic fall,” says Ericca Hovie, Program Coordinator. Every 17 seconds, an elderly person is treated in the emergency room for a fall; every 29 minutes an older adult dies from injuries incurred from a fall. The good news is that the vast majority of these falls are preventable! Advance registration not necessary. Questions? Please call 231-922-4911.

The Senior Center Network is part of the Grand Traverse County Commission on Aging – “Caring for those who cared for you” for 40 years.

**Lori Wells, Deputy Director**  
**Grand Traverse County Senior Center Network**  
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*The Senior Center Network is part of the Commission on Aging, “Caring For Those Who Cared For You.” The Network provides many programs to older adults in Grand Traverse County. There are*

*locations in Traverse City, Acme, Fife Lake, Interlochen and Kingsley. Thousands of seniors enjoy dozens of activities on a daily basis. Business hours are Monday – Friday 8 am – 5 pm. Call 922-4911, check our website or FaceBook page for more information.*