



801 E. Front Street, Traverse City, Michigan 49686 231-922-4911

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FOR IMMEDIATE RELEASE

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Contact Person/Title: Ericca Hovie, Program Coordinator

Phone/Email: 231-922-4911/ehovie@grandtraverse.org

Subject: Falls Prevention Workshop

Every 17 seconds, an older adult is treated in the emergency room for a fall, and every 29 minutes, an older adult dies from injuries incurred from a fall.

The good news is that the vast majority of falls are preventable.

On Wednesday, March 16 at 11 a.m., the Senior Center at 801 E. Front Street in Traverse City will host a Falls Prevention Workshop, sponsored by Fyzical Therapy. Said Senior Center Network Program Coordinator Ericca Hovie, "We are pleased to host a presentation that could prevent a tragic fall for someone."

At the conclusion of this one-hour seminar, participants will be able to identify factors that increase one's risk of falling, and describe fall prevention measures. Participants also will hear how to help individuals at high risk for falls.

Advance registration is required for this free presentation. Call 231-922-4911 or send an e-mail to dmikowski@grandtraverse.org for more information.

Lori Wells, Manager

Grand Traverse County Senior Center Network

801 East Front Street, Traverse City, Michigan 49686

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The Senior Center Network is part of the Grand Traverse County Parks and Recreation Department. The Network provides many programs to older adults in Grand Traverse County with locations in Traverse City, Acme, Fife Lake, Interlochen, and Kingsley. Thousands of adults enjoy dozens of activities on a daily basis. Business hours are Monday through Friday from 8 a.m. to 5 p.m. For more information, call 231-922-4911, or visit our website or Facebook page.