



Communiqué

Fall Prevention Month and Free Classes

November 3, 2017

Camborne, ON – Fall Prevention Month – Free Classes

Community Care Northumberland and Hamilton Township are trying to raise awareness of this important issue and share practical resources and information to prevent falls and fall-related injuries. We encourage all residents to be careful when you are out and around during this time of year. Very often when we are busy and we have a tendency to forget that walkways can become slippery from leaves and debris or ice, especially with rapidly changing or fluctuating temperatures.

Community Care Northumberland is offering free classes:

Find Your Balance with Free Exercise and Falls Prevention Classes

Did You Know?

- Falls are the leading cause of injury among older adults
- Falls in older adults account for \$2 billion in direct health care costs annually
- Over 1/3 of older adults will be admitted to long-term care after hospitalization for a fall
- Falling can lead to depression, mobility problem and loss of independence.

Community Care Northumberland (CCN) Can Help You Find Your Balance

CCN has trained health care professionals leading their Exercise & Falls Prevention Classes.

You will receive:

- 30 minutes of falls prevention education (real life scenarios on trips, hazards, lighting, effects of medications, etc.) and/or
- 30 minutes of light exercise that are designed to work on your strength and balance

And the best part, there is **absolutely no cost** to participate!

How Do I Start?

All you have to do to take advantage of these **free** Exercise & Falls Prevention Classes is attend a class. You will be asked to complete a screening questionnaire to help ensure your safety. It's that easy!

Location: Bewdley Community Centre, 7060 Lake St.

Day(s)/Time: Monday and Thursday at 1:00pm

www.commcare.ca/wellness.html

For further information, please contact:

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