



**CAREGIVER
UNIVERSITY**



**Vanessa Aguilera-
Viorato**

HOME SAFETY AND FALL PREVENTION

As we age fear of falling may limit activities and social engagements. Implementing fall prevention practices improves feeling safe, relaxed, and confident in your home. In this class we will learn the causes and risk factors associated with falls and learn strategies for reducing risks.

WHEN: JANUARY 26, 2023 AT 2 P.M. PT

**WHERE: THE HUB @ ALLIANCE ON AGING
236 MONTEREY ST
SALINAS, CALIFORNIA 93901**

REGISTER:

831.202.0877

PRESENTED BY DEL MAR CRC
PARTNERSHIP WITH ALLIANCE ON AGING

