



## September is Fall Prevention Awareness Month

Theme is “From Awareness to Action”

### Events for 2023

Day/Date	Time	Location	Event Name	Details
Wed., Sept. 13	10:00 am	TMC for Seniors 2695 N. Craycroft Rd.	Eat to Stay on Your Feet: Nutrition & Fall Prevention Class	
Wed., Sept. 13	4:00 pm	TMC for Seniors 2695 N. Craycroft Rd.	Falls & Fractures in Older Adults: Causes and Prevention	
Mon., Sept. 18	3:00 pm	Encompass Health Rehabilitation Hospital of Northwest Tucson 1921 W. Hospital Dr.	Presentation – “Tools and Tips to Prevent Falls”	
Wed., Sept. 20	10:00 am	TMC for Seniors 2695 N. Craycroft Rd.	Medications & Fall Safety	
Wed., Sept. 20	4:00 pm	TMC for Seniors 2695 N. Craycroft Rd.	Foot & Ankle Issues – One Step at a Time	
Mon., Sept. 25	10:00 am – 2:00 pm	University of Arizona Health Sciences Innovation Bldg. 1670 E. Drachman St.	UA Fall Prevention Fair, hosted by Banner University Medicine and the University of AZ Health Sciences	Presentations, community programs and resources. No registration required.
Tues., Sept. 26	10:00 am	TMC for Seniors 2695 N. Craycroft Rd.	Home Safety Check: Fall and Fire Prevention	
Thurs., Sept. 28	10:00 am	TMC for Seniors 2695 N. Craycroft Rd.	Stay Steady, Stay Strong: Exercises for Fall Prevention	
Fri., Sept. 29	9:30 am – 12:30 pm	The Katie, PCOA Healthy Aging Center, 600 S. Country Club Rd.	Fall Prevention Resource Fair – “From Awareness to Action”	Presentations, Screenings, Resources Space is limited. Call 520-305-3410 to register.
Fri., Sept. 29	1:00 – 3:00 pm	TMC for Seniors 2695 N. Craycroft Rd.	“No Falls” Mini Assessment Clinic, Tai Chi, Meditation/Yoga	

Updated 8/2/23