

One in three adults over 65 will suffer a serious fall this year.¹

70% of these falls occur in the home.²

Falls are the leading cause of fatal and non-fatal injuries in older adults.²



DON'T LET FALLS TRIP YOU UP

Join experts from **VNSNY CHOICE** for a free seminar.

Preventing Falls Among Seniors:

Tips & Techniques for Keeping Elder New Yorkers Strong on Their Feet

Wednesday, September 17th, 12:00 p.m. – 1:30 p.m

Coyne Park Community Center

777 McLean Avenue
Yonkers, NY 10701

RSVP and Transportation Arrangements

Call Luciano Cornacchia at **(212) 561-7459**
or email **Luciano.Cornacchia@KingComPr.com**.
Space is limited.

FREE TRANSPORTATION, FREE LUNCH AND FREE GIFT BAGS



Co-sponsored by **Yonkers Mayor Mike Spano, Senator Andrea Stewart-Cousins, Senator George Latimer, Assemblywoman Shelley Mayer and Assemblyman J. Gary Pretlow**



CHOICE
Health Plans



Learn what may be putting you or a loved one at risk, and find out what you can do to stay safe and strong on your feet. If you cannot attend, please visit www.vnsnychoice.org for some helpful information.