



Learn how to prevent falls
& coming this fall.

Free Workshops in September

Friday, September 19 is fall prevention day at Lifespan

Balance assessments
Blood pressure screening
Home safety assessment & modification info
Vision information & adaptive equipment
Personal emergency response system
Flu shots (10 - noon only)

Presentations
"Managing Medications to Prevent Falls at 10:30 am
"A Matter of Balance" at 11:45 am

10 am to 2 pm.
Free!
Registration is not required.
Call us at 585-287-6439 with questions, or email
kmurphy@lifespan-roch.org

And coming later this fall...

October 18: Screening at the Little of "The Age of Love," a documentary about a speed dating event held in Rochester and co-sponsored by Lifespan. [See the trailer here.](#)

October 19: It's Never Too Late to Date! An encore speed dating event for 12 men and 12 women. More details to follow!

Late October & November: "Information & Inspiration," free evening and daytime workshops for older adults and caregivers. More info to follow!

November 6: "A Day of Hearing" at Lifespan featuring hearing screenings, presentations and adaptive equipment. More info to follow!

Mary Rose McBride
Lifespan