



**FOR IMMEDIATE RELEASE**

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For more information, contact the Area Agency on Aging, (707) 643-1797

## **FALL PREVENTION PARTNERSHIP PLANS TO 'KEEP YOUR LIFE ACTION PACKED' AT SEPT. 21 EVENT**

Falls and fall-related injuries are the leading cause of death for older adults in the United States. In an effort to reduce the impact of falls in Solano County, the Fall Prevention Partnership of Solano County wants to make sure everyone stays safe and secure in their various activities inside and outside their homes.

To help achieve this goal, the Partnership is holding a one-day event, "Keep Your Life Action Packed," on Friday Sept. 21, 2012. The event will include guest speakers and presentations, hand-on exhibits, a variety of health assessments, chair exercises, prizes and a free continental breakfast and lunch.

Registration for the event will begin at 8:15 a.m. Following a welcome and introductions at 9 a.m., Dr. Eshan Ghods will discuss the importance of prevention in maintaining a healthy lifestyle, as well as hold a 10-minute question and answer session. Bob Blakewell, a Physical Therapist from NorthBay Healthcare, will give a presentation on mobility, functional ability and quality of life.

Perri Tanner, a Certified Senior Strength Training Instructor, will conduct an exercise class demo; Tai Chi instructor William Yeung will give a Tai Chi demonstration; and Pharmacy Residents from NorthBay Healthcare will be offering medication checks. A Mock Room will be set up for Risk Hazard identification. Lunch will be served at 12:15 p.m.

The event, which will be held at the NorthBay Green Valley Administration Center, 4500 Business Center Drive in Fairfield, is free and open to the public. To register for the event, call the Area Agency on Aging at (707) 643-1797.

The Fall Prevention Partnership of Solano County, a multi-disciplinary collaborative group, was formed in 2009 with the intention of helping older adults preserve health, dignity, and independence through prevention. The Fall Prevention Partnership seeks to engage healthcare providers, government officials, service providers, and community members in a joint effort to raise awareness, provide education, and improve systems that serve older adults.

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