



SENIOR FALL PREVENTION

Providence Regional Medical Center Everett

Learn how to stay safe and confident on your feet with guidance from a guest speaker from Providence Regional Medical Center Everett. This informative session will cover what defines a fall, why it's important to talk about falls, current data and statistics, common risk factors, what life can look like after a fall, and practical strategies for prevention. Whether you're a senior or a caregiver, you'll leave with valuable knowledge and tools to help reduce fall risks and support healthy aging..



Mill Creek Y



Tuesday, Sep 9



1:30-2:30PM

Stanwood Y

Tuesday, Sep 16

1-2 PM

Everett Y

Wednesday, Oct 8

11:15 AM-12:15 PM

Marysville Y

Friday, Oct 10

1:30-2:30 PM

Monroe Y

Friday, Oct 17

1-2 PM

Mukilteo Y

Thursday, Oct 23

1-2 PM

FREE
EVENT



REGISTER