



FALL PREVENTION TRAINING

The Aging and Disability Resource Center will be offering In-person training on Fall Prevention.

The training will include:

1. Information to help assess your fall risk
2. Checklists and educational materials to help decrease risk of falls
3. Simple exercise options to help decrease falls
4. Take away materials including a Personalized Fall Prevention Mobility Plan.

This training opportunity is available at the West Hawai'i Civic Center Hale G on May 5th, 2023 from @ 10:00 A.M – NOON.

Please call 808-323-4392 to register.

This training opportunity is available at the ADRC Hilo on May 26th @ 10:00 A.M – NOON. Please call 808-961-8626 to register.

If you are interested in learning more about this upcoming training opportunity or would like to schedule a training for a group, please contact the Aging and Disability Resource Center.



Objective: To help people remain safe and independent in their homes.

**“An ounce of wisdom is worth a pound of cure”
- Benjamin Franklin**

This is a free program offered by ADRC for Seniors, people with disabilities and/or their caregivers

**AGING AND DISABILITY
RESOURCE CENTER**

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