



FALL PREVENTION TRAINING - COMING SOON

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.

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.

This training opportunity is available starting in April 2023 and continuing through the end of 2023.

This program was funded in part by the County of Hawai'i, Hawai'i State Executive Office on Aging

**Objective: To help
Kupuna 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 and/or their
caregivers**

**AGING AND DISABILITY
RESOURCE CENTER**

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