



AGING MASTERY PROGRAM

Session #9: Fall Prevention **Monday, May 4th | 10:00 am - 11:30 am** **Online via ZOOM**

Falls are one of the most common causes of injury among older adults, but many falls can be prevented with the right knowledge and simple changes at home and in daily routines. This Aging Mastery Program session focuses on understanding fall risks and building habits that support strength, balance, and safety.

Please note, if you have already registered for the first session - there is no need to register again.

Register here: <https://bit.ly/AgingMasteryAlzOC>

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