

Falls Prevention Fridays: 9:30-10:30 am

September 4: "Prevent the Shuffle, Improve your Balance."

- Learn about risk factors for losing your balance, why some people develop a shuffling walk as they get older, and what you can do to feel steadier on your feet.

September 11: "Taking Care of Your Feet to Prevent Falls."

- You will learn and practice how to check your feet for problems. Also, we will review how to select shoes that help you stay steady.

September 18, "Keep Moving, Stay Independent."

- Learn about evidence based programs that help you build strength and balance.

September 25, "Home Safety with HEART from before a fall to after."

- Home safety is critical for HEART which is a division of Albuquerque Fire Rescue offering home modification, fall prevention/recovery classes and minimal case management to help Albuquerque residents thrive. HEART will discuss the roles of the individual to help prevent a fall, but when a fall does happen what to have available when 911 is called and the steps that are recommended after.

Online Falls Prevention Presentations

The pandemic has changed a lot of things. One thing that's still the same? Falling is NOT a normal part of aging. The Department of Senior Affairs and New Mexico Adult Falls Prevention Coalition are committed to empowering all older adults to reduce their risk of falls.

Please join us for a series of free virtual events in September to learn how you can reduce your chances of a fall and improve your balance.

Presentations will be will be conducted on Zoom and streamed live on Facebook.com/cabqseniors. They will be posted afterward at cabq.gov/seniors.

RSVP to jenifergonzales@cabq.gov to participate on Zoom. You will receive the Zoom link and instructions via email.