



Banner University Medical Center Trauma Services

Senior Stand Tall Program

A 4-week long seminar presented in 90 minute blocks

Falls are the leading cause of fatal and non-fatal injuries for older Americans.

Falls threaten seniors' safety and independence and generate enormous economic and personal costs. However, falling is not an inevitable result of aging.

Learn more about how you can keep yourself from falling.

Topics will include medication side effects, balance activities, ways to safe-proof your home and how aging affects senses like hearing and eyesight and how that can relate to falling.

Dates: May 4, 11, 18, 25

Time: 10:00-11:30 am

Ellie Towne Flowing Wells Community Center

1660 W. Ruthrauff Rd

Call 520-694-4713 for more information and to register.

It is requested that you attend all 4 classes because each week's information will build on information from previous week

Free Program

