



## **2 Fit 2 Fall**

### **A Fall Prevention Program**

*Falls are the leading cause of injury deaths and most common cause of nonfatal injuries and hospital trauma admissions among older adults (CDC)*

Don't be a statistic! Plan to participate in 2 Fit 2 Fall, a community based fall prevention program for older adults offered by Scottsdale Healthcare, Scottsdale Fire Department and the City of Scottsdale Senior Centers.

The program includes a fall risk assessment, physical skills testing, medication review with a pharmacist, home safety visits, as well as, strength, balance and exercise programs.

The program is free of charge and will be offered exclusively to the residents of Scottsdale Shadows who are at low to moderate risk for falling.

You must sign up to participate. Enrollment will be limited.

**If you are interested in hearing more about the 2 Fit 2 Fall program, please let us know by November 25.**

**The sign up sheet is located in the Scottsdale Shadows Activities office.**

There will be a presentation for you to learn more about the program at a later date.  
Date and time to be determined.

**For questions, please call Ramiro Wong, Scottsdale Shadow's Activity Director at 480-994-2073 or Sherry Verges/Michelle Barth at 480-882-4982 or 480-882-6734.**