



# 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)



2 Fit 2 Fall... A, **FREE**, community based fall prevention program for older adults by Scottsdale HealthCare, Scottsdale Fire Department, and The City of Scottsdale Senior Centers.



SENIOR  
CENTERS

Please call the Activities Office to Sign-up Today!

Space is limited! This flyer is to find out if there is interest. Call Ramiro Wong in the Activities Office for more information. The deadline is the 25th of November. There will be a presentation at a later date to provide more info.



**Location:** The entire **FREE** program will be held here at:  
**Scottsdale Shadows**

