



The City of Redlands

Facilities and Community Services | Senior Services Presents



Dessert and Dialogue

Matter Of Balance: Fall Prevention Talk with Andre Ike



LOMA LINDA
UNIVERSITY

Monday

November 18, 2019

12:30pm

Do you want to improve your balance and prevent future falls?

Join Andre Ike from Loma Linda University Health to discuss and learn about fall prevention for seniors.

- One in four Americans aged 65+ falls each year.
- Every 11 seconds, an older adult is treated in the emergency room for a fall; every 19 minutes, an older adult dies from a fall.
- Falls are the leading cause of fatal injury and the most common cause of nonfatal trauma-related hospital admissions among older adults.
- Falls result in more than 2.8 million injuries treated in emergency departments annually, including over 800,000 hospitalizations and more than 27,000 deaths. In 2014, the total cost of fall injuries was \$31 billion.
- The financial toll for older adult falls is expected to increase as the population ages and may reach \$67.7 billion by 2020.

The presentation will take place after the senior nutritional program .Participants are encouraged to enjoy the lunch program starting at 11:30am. \$3 donation for those 60 or older and guests under 60 may enjoy lunch for a \$6 fee.

Dessert will be provided during the presentation for free. Pre-Registration is required.

For more information, contact the Redlands Senior Center at (909) 798-7579.

The Redlands Senior Center is located at 111 W. Lugonia Ave. City of Redlands.

Additional information is available on the City's Facebook page at