



FALL PREVENTION TRAINING

The Aging and Disability Resource Center is offering

In-person training on Fall Prevention.

The training will include:

1. Information to help assess your fall risk
2. Checklists and educational materials to help decrease risk of falls
3. Simple exercise options to help decrease falls
4. Take away materials including a Personalized Fall Prevention Mobility Plan.

If you would like to schedule a training for a group, please contact Meredith at the Aging and Disability Resource Center @ 808-961-8986. If you are an individual who would like to attend the training at our Hilo or Kona ADRC offices please call 808-961-8626 Hilo or 808-323-4392 Kona to sign up for an upcoming training.



Objective: To help people remain safe and independent in their homes.

**“An ounce of wisdom is worth a pound of cure”
- Benjamin Franklin**

This is a free program offered by ADRC for seniors, people with disabilities and/or their caregivers

AGING AND DISABILITY RESOURCE CENTER

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