

Living a "Great Full Life"!!

The 12th Annual  
Falls Prevention Coalition  
Community Event!

Fall Prevention Beyond the Throw Rug!



A Program of the Sierra Nevada  
Memorial Hospital Foundation

IT'S FUN!  
IT'S FREE!

Register  
by 9/13/19

Wednesday, September 18, 2019 8:30-2:00

Gold Miners Inn

121 Bank St., Grass Valley

NEW LOCATION for 2019!

Fall Prevention  
"Beyond the Throw Rug!"

- 20+ Vendor Resource Fair
- Lots of Door Prizes!
- A FUN, Interactive Program
- Morning Coffee+Pastries
- Healthy Buffet Lunch  
(Courtesy of Atria Grass Valley)

Our Program:

"Living a Great Full Life"

Keynote Speaker: Anne King

"Don't Forget to Play!"

- Exercise: It's Not All or Nothing??  
How to Choose What's Right for You.
- Nutrition: It's Role in Active Healthy Aging
- Staying Engaged:  
Assess What You Really Like to Do!
- Combating Ageism:  
Just Another one of those Powerful "isms"
- Balance and Your Personal Fall Risk:  
Assess your Balance and Learn about Tools  
for Reducing Fall Risk



REGISTER NOW!  
On Line:

<https://supportsierranevada.org/fallspreventionevent>

By Phone:  
SNMHF (530) 477-9700



Sierra Nevada Memorial  
Hospital Foundation

THE UNION  
www.THEUNION.com