



Falls Prevention Awareness Week

Sept. 18-22, 2023
 “From Awareness to Action”

Join the NYC Falls Prevention Coalition for National Falls Prevention Awareness Week events!

Note: Events are virtual unless otherwise specified.



Monday, 9/18	Tuesday, 9/19	Wednesday, 9/20	Thursday, 9/21	Friday, 9/22
<p>Healthy Aging and Reducing Falls Mount Sinai Morningside Injury Prevention 2-3 p.m. For older adults Learn the common causes of and risk factors for falls, plus healthy aging strategies. *IN-PERSON EVENT Morningside Gardens Retirement Center 100 LaSalle Street, #MC New York, NY 10027</p>	<p>Falls Prevention Awareness Week Celebration! NYC Falls Prevention Coalition 10 a.m.-noon For all audiences Join us for healthy aging and falls prevention tips, demonstrations, hearing screening, giveaways, and guest speakers. *IN-PERSON EVENT Fort Greene Park Myrtle Ave. BBQ Area Brooklyn, NY 11205 RAIN DATE: 9/26, 10 a.m.-noon</p>	<p>Hearing, Balance and Falls NYC Aging + the Center for Hearing and Communication 10-11 a.m. For older adults Hearing impairment can increase the risk of falls. Learn more at this session. Join here when it's time or join by calling 929-205-6099 and entering Meeting ID 845 7327 6671</p>	<p>Falls Prevention Strategies for Older Adults with Vision Impairment NYC Aging + VISIONS 11 a.m.-noon For older adults Vision loss can increase the risk of falls. Learn more at this session. Join here when it's time or join by calling 301-715-8592 and entering code 2084 and Meeting ID 818 2342 3446</p>	<p>5th Annual NYC Older Adult Falls Prevention Symposium New York-Presbyterian/Weill Cornell + Carter Burden Network 9 a.m.-1 p.m. For health care professionals and service workers Annual half-day symposium, featuring presentations on osteoporosis, sarcopenia, strength, safe discharges and more. Register here</p>
<p>Bingocize Staten Island University Hospital + New Dorp Friendship Club 1:15-2:15 p.m. For older adults Bingocize is a program to increase physical activity. Grab a free guest pass at the Friendship Club and try it! *IN-PERSON EVENT New Dorp Friendship Club 128 Cedar Grove Ave. Staten Island, NY 10306 718-987-3934</p>	<p>Falls Prevention Awareness Week Workshop Maimonides Medical Center + Brooklyn Public Library 11 a.m.-noon For older adults An informative workshop providing insights into reducing falls risk. Join here when it's time</p>	<p>Preventing Falls for Older New Yorkers NYC Health Department + Brooklyn Public Library 2-3 p.m. For all audiences Learn tips and strategies to help older adults prevent falls. *IN-PERSON EVENT Brooklyn Public Library – Brooklyn Heights Branch 280 Cadman Plaza West Brooklyn, NY 11201</p>	<p>Medicine Safety and Falls Prevention (Spanish) NYC Health Department 2-3 p.m. For all audiences Falls prevention and medicine safety can be closely related. Learn more at this training. Register here or join by calling 408-418-9388 and using Access Code: 2348 775 1669, Password: poison</p>	<p>Medications and Falls NYC Aging + St. John's University College of Pharmacy 10-11 a.m. For older adults Some medications can increase falls risk. Learn more. Join here when it's time or join by calling 646-931-3860 and entering code 162708 and Meeting ID 860 4652 7759</p>
	<p>Move with Confidence Fall Stop...MOVE STRONG™ 11:30 a.m.-12:30 p.m. For older adults Join founder Celeste Carlucci and Fall Stop trainers for a fun-filled class to learn fall prevention tips and strategies and exercises to reduce falls risk. Join here when it's time Meeting ID: 817 8515 0633</p>	<p>Bingocize Staten Island University Hospital + New Dorp Friendship Club 1:15-2:15 p.m. For older adults Bingocize is a program to increase physical activity. Grab a free guest pass at the Friendship Club and try it! *IN-PERSON EVENT New Dorp Friendship Club 128 Cedar Grove Ave. Staten Island, NY 10306 718-987-3934</p>	<p>Bingocize Staten Island University Hospital + Arrochar Friendship Club 1:15-2:15 p.m. For older adults Bingocize is a program to increase physical activity. Grab a free guest pass at the Friendship Club and try it! *IN-PERSON EVENT Arrochar Friendship Club 44 Bionia Ave. Staten Island, NY 10305 718-720-6110</p>	<p>Preventing Falls Among Older New Yorkers (RUSSIAN) NYC Health Department + Brooklyn Public Library 11 a.m.-noon For all audiences Learn tips and strategies to help older adults prevent falls. *IN-PERSON EVENT Brooklyn Public Library – Brighton Beach Branch 16 Brighton 1st Rd. Brooklyn, NY 11235</p>
	<p>Medicine Safety and Falls Prevention NYC Health Department 2-3 p.m. For all audiences Falls prevention and medicine safety can be closely related. Learn more at this training. Register here or join by calling 408-418-9388 and using Access Code: 2341 509 4995, Password: poison</p>	<p>Check your risk for falls and learn more about preventing falls with the National Council on Aging's Falls Free CheckUp tool.</p> <p>Scan this QR Code with your smartphone to assess your risk of falls!</p> <p>Note: To receive your score, you must supply your email address.</p>		<p>Balance Screening + Falls Prevention Awareness Tabling Event Mount Sinai Morningside Hospital + NY Public Library 1-3 p.m. For older adults A free balance screening and information-sharing event to educate on falls prevention. *IN-PERSON EVENT 2900 Broadway New York, NY 10025</p>
<p>Many Older Adult Centers offer activities this week. Find and contact a local Older Adult Center near you.</p>	<p>Bingocize Staten Island University Hospital + Arrochar Friendship Club 1:15-2:15 p.m. For older adults Bingocize is a program to increase physical activity. Grab a free guest pass at the Friendship Club and try it! *IN-PERSON EVENT Arrochar Friendship Club 44 Bionia Ave. Staten Island, NY 10305 718-720-6110</p>	<p>7 Questions for My Primary Care Physician About Preventing a Fall New York-Presbyterian/Weill Cornell 2-4 p.m. For older adults An audiologist discusses the relationship between hearing, balance and falls. Event also features a Tai Chi demonstration. Register here</p>		