

You're invited to a FREE Falls Risk Screening.

Friday, September 20 | 8:30 am to 12pm

North Domingo Baca Multigenerational Center

7521 Carmel Ave NE,
Albuquerque, NM 87113
No registration required.

Contact: Albuquerque Area Tribal Injury Prevention Coalition
tipp@aaih.org or the New Mexico Falls Prevention
Coalition at nmstopfalls@gmail.org

nco
national council on aging.



Date: Friday, September 20

Time: 8:30 AM - 12:00 PM (Set up starts at 7:30 AM)

Location: North Domingo Baca Multigenerational Center,
7521 Carmel Ave NE, Albuquerque, NM 87113

Join us for a Free Falls Risk Screening as part of Falls Prevention Awareness Week! We'll have over 50 health science students from UNM, PIMA, and CNM assisting with strength and balance testing, medication reviews, home safety education, and more. A podiatrist-led shoe fit clinic and a community paramedic will demonstrate how to safely get up from the floor. Additionally, we'll have Tai Chi demonstrations and exhibitors focused on optimal aging.

Participate and receive:

- Personalized falls risk report
- Free box lunch after completing the screening

If you can't make it on Friday, you can still assess your risk by taking the Falls Free CheckUp today:
bit.ly/abq-checkup

We hope to see you there!

#FallsPreventionAwarenessWeek #FPAW2024