

Written by Sarah Arp

Tuesday, 20 August 2013 14:37

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In Davenport, Iowa, Milestone Area Agency on Aging, the Center for Active Seniors, Inc. (CASI), Quad City Times and St. Ambrose University encourage seniors to attend the Fall Awareness Workshop on Tuesday, September 24, from 8:30-11:30 a.m. at CASI 1035 W. Kimberly Road, Davenport, IA 52806. This workshop will give seniors a passport to attend four different workshops that will provide them with helpful information and instruction on how to live a Fall Free lifestyle.

The workshops consist of: 1) Balance & Mobility Testing, 2) Pharmacy Screenings which include blood pressure checks, medication review and educational information, 3) Vision & Home Modifications informational session and 4) Exercise & Physical Activities station demonstrating yoga, Tai Chi, and Zumba Gold.

Reservations are required for this event, please call or stop in at CASI (1035 W Kimberly Rd, Davenport, IA—563-386-7477) to reserve your spot today. Space is limited.

Iowa is part of the national Falls Free® Initiative, which includes more than 40 states and 70 national organizations, professional associations, and federal agencies across the country dedicated to reducing fall-related injuries and deaths among older adults.

This year's theme, Preventing Falls—One Step at a Time, seeks to unite professionals, older adults, caregivers, and family members to play a part in raising awareness and preventing falls in the older adult population.

Every 15 seconds, an older adult is seen in an Emergency Department for a fall-related injury. Falls are the leading cause of both fatal and nonfatal injuries for those aged 65 and over. The chances of falling and of being seriously injured in a fall increase with age.

## Davenport Iowa Is Proud To Announce Its Fall Awareness Workshop Day on September 24, 2013

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“Falls are not a normal part of aging, and this day of awareness provides an opportunity to educate older adults and the community at large about how to reduce falls risks,” said (Bonita) Lynn Beattie, vice president of Injury Prevention with the National Council on Aging (NCOA), leader of the Falls Free® Initiative. “We encourage seniors and their families to take proactive steps to prevent falls and stay independent for as long as possible.”

Studies show that a combination of interventions can significantly reduce falls among older adults. Experts recommend:

1. A physical activity regimen with balance, strength training, and flexibility components.
2. Consulting with a health professional about getting a fall risk assessment.
3. Having medications reviewed periodically.
4. Getting eyes checked annually.
5. Making sure the home environment is safe and supportive.
6. New research also suggests hearing loss should be routinely assessed

At senior centers and other community-based organizations across the United States, programs like A Matter of Balance, Tai Chi, and Stepping On help older adults gain the strength, improved balance, and confidence to help them live healthier lives and preserve their independence.

For more information about Davenport Iowa’s Fall Awareness Workshop, please call CASI 563-386-7477.

For more information on the National Council on Aging and National Fall Prevention Awareness Day, please visit [www.ncoa.org/FPAD](http://www.ncoa.org/FPAD).

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About the Falls Free® Initiative

Led by the National Council on Aging, the Falls Free®

organizations, professional associations, and federal agencies working collaboratively to bring education,

awareness, and evidence-based solutions to local communities. Falls Free®

thousands of older Americans with the resources and education needed to reduce their risk of

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injury. For more

information, please visit: [www.ncoa.org/FallsFreeInitiative](http://www.ncoa.org/FallsFreeInitiative).

#### About NCOA

The National Council on Aging is a nonprofit service and advocacy organization headquartered in Washington,

DC. NCOA is a national voice for millions of older adults—especially those who are vulnerable and

disadvantaged—and the community organizations that serve them. It brings together nonprofit organizations,

businesses, and government to develop creative solutions that improve the lives of all older adults. NCOA

works with thousands of organizations across the country to help seniors find jobs and benefits, improve their

health, live independently, and remain active in their communities. For more information, please visit:

[www.ncoa.org](http://www.ncoa.org) | [www.facebook.com/NCOAging](http://www.facebook.com/NCOAging) | [www.twitter.com/NCOAging](http://www.twitter.com/NCOAging)

Initiative includes more than 40 states and 70 national

seeks to provide hundreds of