

Don't Let Fear of Falling Slow You Down.

According to the Centers for Disease Control and Prevention, falls are the leading cause of injuries in people age 65 and older. Unfortunately, such falls often result in serious injuries that can rob older adults of their independence. Marin General Hospital is on a mission to reduce falls and keep our older community safe and healthy.

That's why we've created a special Fall Prevention section on our website. These pages offer safety tips for older adults and their caregivers, resources for fall prevention, home risk assessments and repairs, a schedule of events related to senior fitness and fall prevention, and much more.



Visit www.maringeneral.org/fallprevention and see for yourself.

A Matter of Balance: Managing Concerns About Falls

A Fall-Safety Class for Older Adults

In collaboration with *A Matter of Balance*, the award-winning fall prevention program for older adults, Marin General Hospital is offering an eight-session course for older adults whose fear of falling limits their social and physical activity. This proven program helps raise awareness of fall-safety, reduce the fear of falling, increase activity levels, and decrease the incidence of falls.



A MATTER OF
BALANCE

MANAGING CONCERNS ABOUT FALLS

For more information or to register for a class, please call
1-415-993-2557 or email injuryprevention@maringeneral.org

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