

OLDER ADULT FALLS PREVENTION PASSPORT CHALLENGE



COMING SOON!



Why join the challenge?

Falling is NOT a normal part of aging!
Falls are the number one cause of hospitalization for older adults, but most are completely preventable! These challenges can help you stay independent and create awareness of every day fall hazards all while having fun!

What is it?

The Falls Prevention Month Passport will challenge you to participate in as many areas of falls prevention as possible in the month of September with an **opportunity to win prizes!**

When is it?

September 1-30, 2022

Who can participate?

Anyone who is or cares about someone 55+

Where/how do I participate?

Starting September 1st, 2022, check your local senior resource center OR the following website to obtain your passport:

cotrauma.org/sub-committees

Challenges will include:



Learn a new exercise



Attend a falls prevention program



Watch a falls prevention video



So much more!

For questions, contact:

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