

Falls Prevention Month 2025



Presented by
Boulder County Partners
for Falls Prevention

Join us to learn how strengthening community connections can keep you and those you care for safe with our activities during Falls Prevention Month 2025.

Here are some of the free county-wide programs:

- ◆ ThinkFirst to Prevent Falls
- ◆ A Mindful Approach to Falls Prevention
- ◆ Pain Management
- ◆ Balance Tests
- ◆ Falls Safety
- ◆ Tai Chi
- ◆ Cumbre de Mujeres
- ◆ And more!



To see the entire list of programming visit:
boco.org/FallsPrevention



Information & Assistance for Aging Well
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