



Berks County Falls Free Coalition

NATIONAL FALLS PREVENTION DAY

Where: Alvernia University in the Tom and Helen Flynn PLEX

Address: 465 Saint Bernardine St, Reading, PA 19607

Date: September 22, 2022

Time: 9:00AM – 1:00PM

WHAT IS THIS EVENT?

- Join Berks County Falls Free Coalition in celebrating **National Falls Prevention Awareness Week !**
- Walk the Indoor Track
- Health screening and resource tables focused on balance, strength, blood pressure, hearing, vision, grip strength, lower extremity circulation, diabetic foot screening and falls free risk screening.
- Sample classes aimed at fall prevention
- FREE Flu Shots
- Bingo & Raffle Prizes
- FREE LUNCH

WHO CAN PARTICIPATE?

- Free to ANYONE that wants to receive information, take advantage of free health screenings, and learn ways to prevent falls

HOW TO REGISTER?

CALL: 484-628-4357 ask to register for Falls Free Prevention Event

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