

FALL PREVENTION SEMINAR



Eden Medical Center Trauma Services

Falls happen all too often in our society, over 2.8 million each year in the United States, at costs up to \$50 billion. Yet, many people are unaware of the risks, cost, and impact one fall can have on so many. It can be devastating physically, emotionally, and financially to you and you family.

At Eden Medical Center we strive to do all we can to make falls predictable and preventable for the seniors in our community.

Are you concerned about falling? Do you want to know more about your risk and what you can do to prevent falls? By knowing more about what factors can cause a fall, you can help stop a fall before it happens.

Please join us for this **FREE** event, to hear from Pamela Stoker, Trauma Injury Prevention Specialist and Exercise Physiologist, to learn what you can do to safeguard yourself from a fall.

WHEN: **Monday, November 16, 2020**
10 a.m – 11 a.m.

WHERE: WebEx (link sent upon registration)

REGISTER: hallstp@sutterhealth.org

510-727-8485

Since 1987, Eden Medical Center has provided leading edge care for nearly 2,000 trauma patients each year who come to us with life- threatening injuries.

As an American College of Surgeons (ACS) verified Level II Trauma Center, we treat more than 1200 patients a year with injuries sustained from falls.

We feel it is our responsibility to reach out, educate, and do all we can to prevent these traumatic injuries.

www.sutterhealth.org/eden