

FALL PREVENTION AWARENESS WEEK

September 21-25, 2020



Day 1: September 21, 2020

Topic: Getting Up from a Fall and the Importance of Strength Training

Time: 11-11:30 a.m.

Zoom Meeting ID: 2445179153

Presenter: Angelia Pryor, Brandon Senior Services

Day 2: September 22, 2020

Topic: Chair Yoga

Time: Noon to 12:20 p.m.

Zoom Meeting ID: 2445179153

Presenter: Heidi Gill, Flowood YMCA

Topic: "Why is my Vision Changing: A Risk Factor for Falls"

Time: 12:30-1 p.m.

Zoom Meeting ID: 684 308 8554

Presenter: Dr. Alicea Hill, OD, Eye Physicians and Surgeons at Hattiesburg Clinic

Day 3: September 23, 2020

Topic: Fall Prevention in Kids: Playground Safety

Time: 7-9 a.m.

Presenter: Batrika Sanders, OPH, Kids are Kids Learning Center

Topic: "Fall Prevention for Older Adults: Live Longer and Better"

Time: 10-11 a.m.

Facebook Live: <https://www.facebook.com/St-Dominics-New-Directions-for-Over-55-110800263907700/>

Presenter: Lee Moss, Traumatic Brain Injury Association

Day 4: September 24, 2020

**Topic: A Matter of Balance: Managing Concerns about Falls
A Refresher Course for MOB Coaches**

Time: Noon to 1 p.m.

RSVP your attendance to Tasha.Lock@msdh.ms.gov

Presenter: Tasha Lock, Master Trainer

Day 5: September 25, 2020

Topic: Enhance Fitness

Time: Noon to 12:30 p.m.

Zoom Meeting ID: 684 308 8554

Presenter: Renee Maxwell, Flowood YMCA



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