

Westchester County Department of Senior Programs and Services  
and the The Ambassador of Scarsdale Present

# Stay Active and on Your Feet

Did you know older adult falls are largely preventable? By attending the Falls Prevention Presentation, you will learn:

- What causes falls in older adults
- How you can reduce your fall risk with the help of good nutrition
- What you can do to protect yourself from a fall

## More Info

**For presentation  
locations near you**

CALL  
(914) 813-6449 or  
(914) 813-6423

VISIT  
[westchestergov.com/seniors](http://westchestergov.com/seniors)

*The Ambassador of Scarsdale is pleased to sponsor Falls Prevention Awareness Day in Westchester County.*



Westchester  
gov.com

George Latimer, County Executive  
Mae Carpenter, Commissioner  
Department of Senior Programs and Services

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 Falls Free®  
National Council on Aging

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