

# Fall Prevention Activities

Events happening around the AAWM region to promote Fall Prevention

## Ionia County

Event takes place at:

Ionia County Commission on Aging  
115 Hudson Street, Ionia

**September 23** 12:00 p.m.  
Annual Autumn Harvest Dinner

Event includes presentation on fall prevention, wellness, Walktober, and Crop Walk. A Pharmacist will answer questions about medications as they relate to falls and a Physical Therapist will discuss fall prevention.

For more information, contact (616) 527-5365



## Kent County

Event takes place at

Priority Health  
3111 Leonard NE Grand Rapids

**September 23** 10:00 a.m. -11:30 a.m.

Preventing Falls through Better Balance

Free event includes ways to improve your balance, prevent falls and protect bones, how and why sense of balance changes and available resources. Even try balance exercises!

Registration is required at 616-267-2626 option 4  
For more information, contact Senior Neighbors  
at 616-233-0283

## Mason County

Events take place at

Ludington Senior Center  
308 S Rowe Street, Ludington

**September 20**  
Healthy Eating and Exercise 10:30 a.m.

**September 21**  
Walk at Waterfront Park 9:00 a.m.

**September 22**  
Matter of Balance Class 1:00 p.m.- 3:00 p.m.

**September 23**  
Walk at Waterfront Park 9:00 a.m.

**September 24**  
Zumba Gold Class for Seniors 10:45 a.m.

For more information, contact (231) 845-6841

## Mecosta County

Events take place at

Mecosta County Commission on Aging  
12954 80th Avenue, Mecosta

**September 16**  
Foot Care Clinic 10:30 a.m.- 11:30 a.m.

**September 21**  
Blood Pressure Clinic 10:30 a.m. -11:30 a.m.

**September 23**  
Foot Care Clinic 10:30 a.m. -11:30 a.m.

**September 23**  
Yoga class with balance focus 11:30 a.m.

For more information, contact (231) 972-2884