

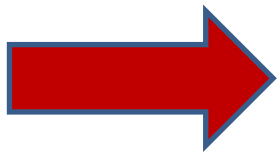
**Steady and Strong**



*Learn new tips!*

# Fall Prevention Fair

*The Schaumburg Fire Department receives more calls for falls than for any other type of emergency. The good news is many falls can be prevented by being aware of individual risk factors and making simple changes in the home.*



**Tuesday, September 24, 2019**

**9:30-11:30 a.m.**

**Schaumburg Township District Library**

(Register at [www.SchaumburgLibrary.org](http://www.SchaumburgLibrary.org) or by calling 847-985-4000)

- 9:30-10:30 a.m.** Local community organizations offer information and answer questions about their programs for older adults.
- 10:30-11:30 a.m.** A certified physical therapist from AMITA Health shares a variety of ways to maintain your independence by reducing your risk of falling.

Questions? Contact Lisa Bezella at Schaumburg Fire Department > 847-923-6708