

# Fall Prevention

Join SLV Health in a 4 part luncheon In-Person series.



Falls are among the leading causes of injury and injury related deaths in our adult population.

#1

The most commonly admitted traumas at SLV Health are related to falls.

90%

Greater than 90% of these traumas are related to falls from standing!

**SLV Health's Trauma Services is offering a series of educational luncheons to keep you and your loved ones safe and healthy.**

**SLVH Education and Conference Center, 1921 Main Street, Alamosa**  
**Free and open to the public and Lunch provided**

**NOON-1:00**

**May 17: Strength and Exercise & Aches and Pains**

**SLVH Wellness Coordinator and  
SLV Health's Physical Therapy**

**June 4: Foot Care & The Importance of Depth Perception**

**SLV Health's Podiatrist and  
Rocky Mountain Eye Center Optometrist**

**June 11: Managing your Medication & Nutrition**

**SLV Health's Clinical Pharmacist and  
Registered Dietician at SLV Health**

**June 28: Public Safety & What Happens If I Fall?**

**Alamosa Police, SLV Health Director of Emergency Services and  
SLV Health Discharge Planner**

**For more information, please contact  
Donna Wehe 719-587-1209**

