

# NEWS RELEASE

For immediate release: November 3, 2016

## FREE HEALTHY AGING EVENTS

- November 7, 10:30 am to 1:30 pm, South River-Machar Community Centre, South River
- November 14, 10:30 am to 1:30 pm, Bobby Orr Community Centre, Parry Sound

Older adults are invited to free healthy aging events taking place in South River and Parry Sound this month. The events will include a presentation on home safety by an Occupational Therapist from Closing the Gap. Participants will also receive a free lunch and have the chance to connect with community service providers to learn what services are offered in their respective communities.

These events are to celebrate Falls Prevention Month (November) and National Housing Day (November 22). They are being offered by the Health Unit and Stay On Your Feet Coalition in partnership with Parry Sound District Social Services Administration Board.

For more information and to register for one of these events please call Jayme at 705-746-7777 ext. 286. Transportation is available upon request.

## Quote

“This year the theme for falls prevention month is home safety. This event will give older adults the opportunity to learn how to keep safe in their home and introduce them to services available in the community.”

Lisa Rhodenizer,  
Community Health Promoter

## Quick Facts

- 50% of falls in adults 65 years of age and older happen in and around the home.
- Falls are not a normal part of aging. They are predictable and can be prevented.
- Your home, furnishings and lifestyle all affect your risk of falling in and around the home.

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## Media Inquiries

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