



**Falls Prevention  
Is A Team Effort**

# September 19-24 is **Falls Prevention Awareness Week**



## Attend a presentation to up your falls IQ

### **Kick-off to Falls Prevention Awareness Week**

**September 19 - 1:30 - 2:30 p.m.**  
online via Zoom | free | [Register](#)

**Get strong, increase balance,  
feel good . . . and prevent falls**

**September 21 - 1:00 - 2:00 p.m.**  
online via Zoom | free | [Register](#)

**September 22 - 10:45 - 11:45 a.m.**  
North Dale Recreation Center  
St. Paul | free | [Register](#)

**Learn more and register at [bit.ly/falls-2022](https://bit.ly/falls-2022) or call 855.215.2174**

[Check your level of risk](#)  
by answering just a  
few questions

## **FallsFree CheckUp**

YOU CAN PREVENT A FALL

**nco**  
national council on aging

Juniper is a statewide network that helps  
people live well, get fit, and prevent falls.

[yourjuniper.org](https://yourjuniper.org) | Toll Free 1.855.215.2174

**NO|FALLS  
MINNESOTA**

**JUNIPER**  
Your Health. Your Community.  
A Program of TRELIS™