

# Fall Prevention



**Friday, October 11th**  
**Time: 1:00 pm**

## CATHEDRAL CITY SENIOR CENTER

**37171 Buddy Rogers Avenue, Cathedral City**

**Staying Active is essential to good health as we get older, but our risk falling and fracturing bones or suffering a traumatic brain injury increase.**

Join us for this **FREE** event to hear all about Fall Prevention from Cathedral City Fire & EMS, in collaboration with Gael Whetstone from the Desert Care Network, and a Resident Physician from Eisenhower Medical Center. Learn safe medicine practices, practical tips to help fall-proof your home, steps to prevent fall-related injuries, and the importance of gait and grip strength.

According to the Centers for Disease Control and Prevention (CDC), falls are a leading cause of injury and death among older adults, with about 36 million falls occurring each year worldwide". Don't be a statistic!

**A one-hour session will be presented @ 1:00 PM by the Cathedral City Fire & EMS and Desert Care Network.**



For more information please visit:  
[CathedralCityFire.org](http://CathedralCityFire.org)

Also accessible via QR code



**Cathedral City**  
**Fire & EMS**

**Desert Regional**  
**Medical Center**

**Centers for**  
**Disease Control**  
**and Prevention**

**CATHEDRAL CITY**  
**FIRE & EMS**

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(760) 770-8200

[Cathedralcityfre.org](http://Cathedralcityfre.org)

M-TH 7am - 5:30pm