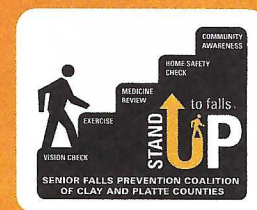




Platte County Community Centers  
**BETTER TOGETHER**



# DISCOVER YOUR BALANCE

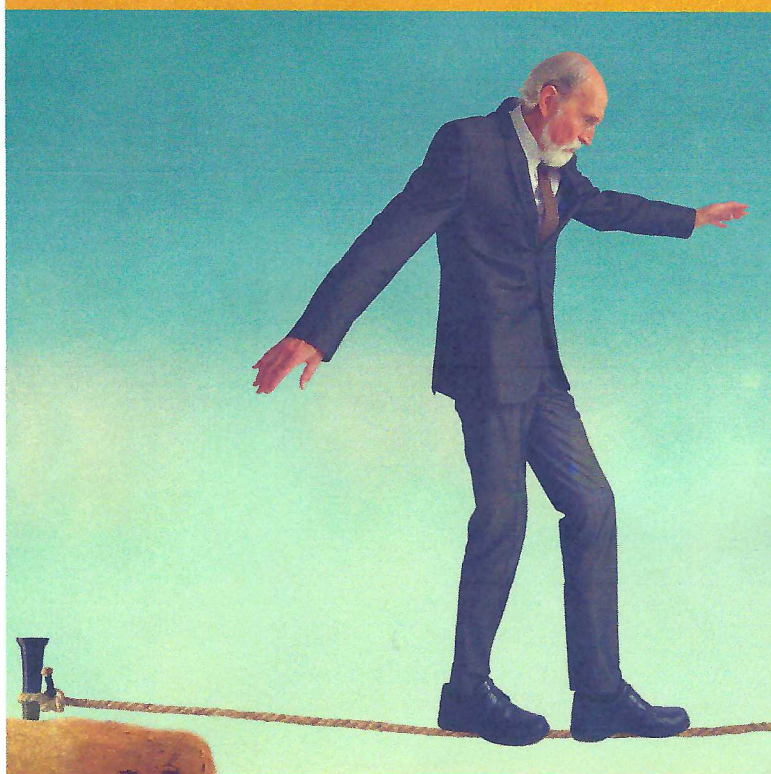
## National Fall Prevention Health Fair

### PLATTE COUNTY COMMUNITY CENTER SOUTH

**Monday, September 23**

**Platte County Community Center South Gym  
9 a.m. - Noon**

Join us for a **FREE** health fair with resources on hand to provide information and ways to help you reduce your risk of falling.



#### VENDORS:

Flu shots provided by Walgreens.

Modern Physical Therapy - Balance Screening performed by Esteban Azevedo PT, ScD, COMT and his team of physical therapists.

Saint Luke's Hospital and Walgreen's Pharm D Medication Screening - Have a one-on-one discussion about medications that may increase the risk of falling.

Dr. LeAnna Escobar, AuD. - Vestibular Audiologist with Hearing Health Associates discussed hearing loss, tinnitus and imbalance issues with the ear.

Amy Hay, PT, ScD, COMT from Modern Physical Therapy - Educational information about pelvic floor exercises and improving bladder control.

Clay County Senior Services and Platte County Senior Fund and Services - Discover options and services available in your county including Life Line, an in-home personal safety monitoring system, and reduced Y membership.

Senior Fall Prevention Coalition of Clay and Platte Counties - Do You Know The Risk Factors of a Fall? Visit with a member of the coalition to identify your risk factors and discover resources available to you.

Y Tai Chi Demonstration - Did you know that Tai Chi for arthritis can reduce your risk of falling by 35 percent?

Rebuilding Together - Visit with Executive Director Clay McQuerry about in-home safety modifications that can help reduce your risk of falling.

Wiles Eye Center, Sarah Merten RN, BSN - Information on cataract, macular degeneration, glaucoma, diabetic retinopathy and dry eyes, all of which may increase the risk for falls.

Platte County Health Department - Blood pressure screenings



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

For more information, visit the Welcome Center or call 816.505.2622.