

LA CROSSE COUNTY
FALLS PREVENTION
COALITION



2020 FALLS PREVENTION WORKSHOPS

Held on the 4th Wednesday of each quarter at 10:00 AM in Meeting Room A, Onalaska Public Library, 741 Oak Ave S.

01/22: Falls Prevention through Physical Activity

There is much evidence that regular exercise can reduce falls. Learn from local physical therapists about the types of physical exercise, including local opportunities, and participate in a Tai Chi session.

04/22: The Impact of Medications

While many medications carry important benefits, they may also cause unintended side effects. Learn from a local pharmacist how medications may increase your risk of falling and what to do to minimize your risk.

07/22: Vision & Falls

Vision is often a neglected area in falls prevention. Learn from a local vision specialist about the implications of vision impairment and some relatively simple, straightforward safety strategies to give a try.

10/28: Environmental Modifications & Technology

Over half of all falls take place at home. Learn from local experts about simple, inexpensive ways to make your home safer as well as explore potential technologies to incorporate within your home or on the go.

For more information, visit our website at www.lacrossestopfalls.org or call the Aging & Disability Resource Center at 608-785-5700