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## Fall Risk Reduction and Promotion of Physical Fitness

Date and Time

Monday 9/23/2019 2:30 to 3:30pm

Event URL

[The Center](#)

Event Region

Southwest Virginia

Event Type

Class - Workshop

Event Cost

\$0.00

Event Description

FALL RISK REDUCTION AND PROMOTION OF PHYSICAL FITNESS Monday, September 23, 2:30-3:30 pm

September 23 is National Falls Prevention Day. Falls are the leading cause of fatal and non-fatal injuries for older adults. In this session you will learn strategies to reduce your risk of falling, understand effective techniques for rising from the floor to a chair or standing position, and more! Dr. Diane Huss, physical therapist consultant with the UVA functional neurology and neurosurgery team, and expert in home health service, is the presenter. Free and open to the community.