

Take a simple step to prevent falls by joining us at this free event!

Fall Prevention 101 & Screening Clinic

With NDDH Education and Communications Coordinator Linda Colangelo
and Public Health Nurse Nancy Beaudry

Wednesday, June 14, 2017

Hampton Town Hall Community Room

164 Main Street (Route 97), Hampton, CT

1:30 pm Presentation/2:30 – 3:30 pm Screening Clinic



Attend this engaging presentation to learn about:

- Six things that increase your risk of falling
- Practical advice to stay on your feet
- How to reduce your risk of falling
 - How to get up from a fall



More great news for folks who want to stay on their toes:

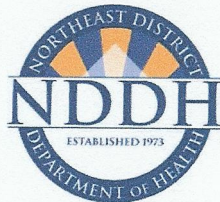
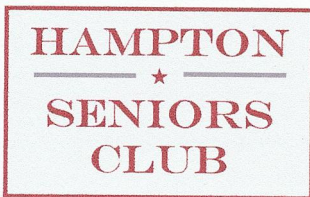
FREE Postural Hypotension Blood Pressure Screening

2:30 – 3:30 pm – Limited slots available. Sign up with Jan Leitch.

What is Postural Hypotension?

“Postural” means change with position and “hypotension” means **low** blood pressure.
“Postural hypotension” means the blood pressure drops too low when a person stands up.
Low blood pressure can cause dizziness and increase your risk of falling.

Presented By:



This event was made possible through a grant from the Connecticut Collaboration for Fall Prevention