

Every year, thousands of older adults fall and hurt themselves. Falls are one of the main causes of injury and loss of independence in people 65 and older. To learn more about fall prevention, please scan the QR code below.



Stay Safe, Stay Independent: Prevent Falls

Falls can lead to serious injuries, loss of mobility, and a decline in overall quality of life for older adults. Register for a fall risk assessment for seniors to identify if you are at a higher risk for falling. Space is limited. Open to the Community. Pre-registration is required.

Cost: No Fee

Time: 9:00 a.m. to 1:00 p.m. (15-minute time slots)

Dates and Locations:

Mapunapuna Medical Office
2828 Paa St, Honolulu
Wednesday, July 23rd

Honolulu Medical Office
1010 Pensacola St, Honolulu
Tuesday, July 29th

West Oahu Medical Office
401 Kamokila Blvd, Kapolei
Tuesday, August 12th

Waipio Medical Office
94-1480 Moaniani St, Waipahu
Tuesday, August 19th

For more information or to register, please call 808-432-2260 (TTY 711), Monday to Friday, 8:30 a.m. to 4 p.m., or email kaiserpermanente.healthylivingclasses@kp.org.

For accommodations of persons with special needs at meetings, call 1-833-833-3333 (TTY 711), Monday to Friday, 8 a.m. to 5 p.m.

