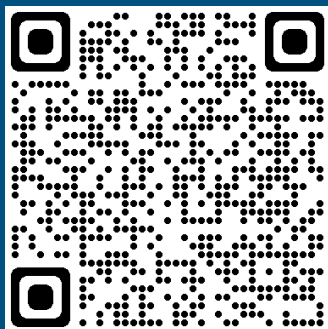


Every year, thousands of older adults fall and hurt themselves. Falls are one of the main causes of injury and loss of independence in people 65 and older. To learn more about fall prevention, please scan the QR code below.



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

Tuesday, May 19

Tuesday, September 15

West Oahu Medical Office

401 Kamokila Blvd, Kapolei

Tuesday, April 7

Tuesday, May 5

Tuesday, August 4

Tuesday, September 1

Honolulu Medical Office

1010 Pensacola St, Honolulu

Tuesday, April 14

Tuesday, May 12

Waipio Medical Office

94-1480 Moaniani St, Waipahu

Tuesday, April 21

Tuesday, August 18

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.