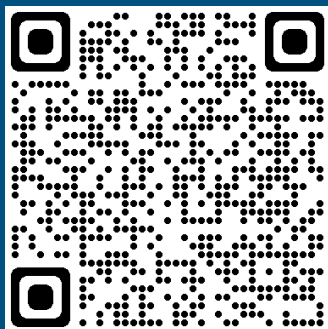


Every year, thousands of older adults fall and hurt themselves. Falls are one of the main causes of injury and loss of independence in people 65 and older. To learn more about fall prevention, please scan the QR code below.



## 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 11:30 a.m. (15-minute time slots)

**Dates and Locations:**

**Monday, June 22, 2026**  
**Conference Room**  
**Kaiser Permanente Maui Lani Medical Office**  
**55 Maui Lani Pkwy, Wailuku, HI 96793**

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.