FALL PREVENIUN

BINGO



10-11 A.M. WEDNESDAY, MAY 10

PARKVILLE LIVING CENTER 819 MAIN ST. PARKVILLE, MO

FALLS ARE NOT A
NORMAL PART OF AGING
AND CAN BE
PREVENTED.....JOIN US
TO LEARN HOW.

PRIZES WILL BE AWARDED!





Fall Prevention Bingo

| В | I | N | G | 0 |
|----------|-----------|---------------------------|-----------------|-----------------|
| Bifocals | Bath Seat | Medication | Ice | Hazards |
| Turning | Light | Health | Contrast | Nonslip mats |
| Exercise | Cords | FREE (from falling) | Phone | Scan |
| Be aware | Wet Floor | 4 or more | Hip fracture | Tai Chi |
| Feet | Bathroom | Dizzy | 1 in 4 | PT |

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10-11 A.M. WEDNESDAY, MAY 24

NORTHLAND SHEPHERD'S CENTER 5601 NE ANTIOCH RD. STE. 12 KCMO

LUNCH WILL FOLLOW FOR THOSE WHO RSVP BY MAY 19. CALL 816-452-4536

> SUGGESTED LUNCH DONATION \$10

