



**“Falls are the leading cause of fatal and non-fatal injuries for older Americans...[They] threaten safety and independence, and generate enormous economic and personal costs.”
[National Council on Aging]**



The New Yorker, Roz Chast

How safe is your home? The Wisdom Project invites you to learn how to live wisely and safely.

**Join us on
Sunday,
May 19,
noon - 1:30
Katz
Meeting
Room.**

Anne Muskopf, an Occupational Therapist and the Okonow Parkinson's Family Support Program Director at JF&CS, will present:

How to Avoid Falls & Make Your Home Safe

Starting at noon on Sunday, May 19, learn basic tips for how to be safe and how to help those you may be caring for, such as aging parents. Everyone is welcome. Bring your questions for the Q&A.

Sponsored by The Wisdom Project. Questions? Toni Stechler at antonia.stechler@gmail.com