



September 17, 2015  
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**!! FOR IMMEDIATE RELEASE !!**

### **Take a Stand Against Falls!**

**Wednesday, September 23, 2015 is National Falls Prevention Awareness Day**

Among older adults, falls are the leading cause of injury deaths, unintentional injuries, and hospital admissions for trauma. Falls can take a serious toll on older adults' quality of life and independence. After a fall, life is upended in an instant. A sudden loss of independence, an awkward reliance on family and friends, and a new level of fear for those who fall, and their contemporaries.

Falls, slips and trips need not be a necessary part of getting older. Superstition Fire & Medical District believes that preventing falls and fall injuries in the elderly is achievable with the right information and an increase in public awareness. Join us this Wednesday, September 23 from 9:00 AM – 12:00 PM at the City of Apache Junction's Multi-Generational Center to learn falls prevention basics, such as understanding what may put you at risk of falling, changing your home and community environment to reduce hazards and help support you in completing daily activities safely, and learn about specific physical activities and exercises that can increase your balance and mobility skills. The Multi-Generational Center is located at 1035 N. Idaho Road, Apache Junction. For more information on falls prevention, please visit [www.azstopfalls.org](http://www.azstopfalls.org).

If you would like to know more about the SFMD, please visit our web site at [www.sfmd.az.gov](http://www.sfmd.az.gov), or call our offices at 480-982-4440.

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