

# Steady Yourself! Learn About Fall Prevention



Falls are not a normal part of aging. Education is part of a fall prevention plan. Exercise and training can improve your balance and strength. Improvements within your home can help you stay safe and independent longer.

Meet with Mass General experts from the Blum Center and Fall Prevention Committee to learn about the physical benefits of balance and exercise as well as simple ways to make your home safer. There will be resources, activities, and giveaways!

This information table event is free and open to Mass General patients, families, staff, and visitors.

**This event is a collaboration between the Maxwell & Eleanor Blum Patient and Family Learning Center and the Fall Prevention Committee at Mass General.**

Wednesday, April 24, 2024

11:00 AM – 2:00 PM

White 1 Hallway,  
Near Coffee Central

Questions?

Call 617-724-7352 or

Email [PFLC@partners.org](mailto:PFLC@partners.org)