



Somerville Council on Aging

Fall Risk Prevention – Free Clinic

Presented by: Dr. Maegen Brady DeLeo, Physical Therapist

Holland Street Center, 167 Holland Street, Somerville, MA 02144

Wednesday, April 12th at 12:00pm



Did you know that 1 in 3 adults over 65 will experience a fall each year? (CDC)

There are **preventative measures** that you can take to **minimize your risk** of falling.

Maegen Brady DeLeo, DPT has over a decade of experience in fall prevention and balance training. She will provide participants with information on what factors can increase your risk for falling, what you can do to prevent falls, and measures that you can take to stay safe all year.

Come participate in an interactive and engaging workshop.

Individuals will leave with **personalized feedback** on their risk of falling. There are modifications you can make around the home, **habits** that you can use daily, and **knowledge** that you can share with friends and family. **Free to join!**

Grab-and-go lunch will be provided after event.

**Please RSVP to Phelan at 617-625-6600 ext. 2315,
or email phowell@somervillema.gov**