

FALLS PREVENTION
AWARENESS EVENT FOR SENIORS

Strong Today. Steady Tomorrow.



SMART STEPS.
SAFER LIVING.

Join us for an informative and empowering event focused on reducing fall risks and supporting healthy, independent living.

Call to Register
(910)-433-1248



FRIDAY
SEPTEMBER 11



10:00 AM –
12:30 PM



SENIORS
FAMILIES
CAREGIVERS

All are welcome

GUEST SPEAKERS



Dr. Akisha Jackson,
RN, CCM, DNP
Bone Health and
Osteoporosis



Terri S. Thomas
Vision Impacting
Falls

EVENT HIGHLIGHTS



Exercise Demonstrations
Simple moves for better balance, strength, and confidence.



Tai Chi Session
Improve balance, flexibility, and peace of mind.



Practical Tips & Resources
Learn strategies to prevent falls and stay independent longer.



Vendors & Community Resources
Connect with local organizations and services that support seniors.



Bill Crisp Senior Center

7560 Raeford Road, Fayetteville NC 28304

Small steps today. Stronger, safer tomorrows.
BE INFORMED. BE PREPARED. BE EMPOWERED.

FAYETTEVILLE
PARKS & RECREATION
CUMBERLAND CO.



MID-CAROLINA
REGIONAL COUNCIL