



# Falls Prevention Awareness

September 20, 2024  
10:00 AM-2:00 PM



## TO REGISTER:

910-433-1248

Bill Crips Senior Center  
7560 Raeford Road

## Event Highlights:

- Guest speaker: Dr. Sara Morrison
- Guest speaker: Firefighter Jeffery Tenner
- Exercise demonstrations
- Tai Chi demonstration
- Screenings
- Local vendors

### Preventing Falls



MID-CAROLINA  
REGIONAL COUNCIL



CUMBERLAND  
COUNTY

FAYETTEVILLE  
PARKS & RECREATION  
CUMBERLAND CO.