

# LIVE WELL @ THE JCC

## READY, STEADY, BALANCE

### Falls Prevention Lecture

**Presenter: Cynthia Thomas, LPT**

Falls are the leading cause of injury in older adults and often are preventable. Taking action to decrease falls and identifying risk for falls helps to reduce hospitalizations and medical complications, contributing to improved function and quality of life.

This presentation will discuss the principles of balance, common causes of falls in older adults and fall prevention strategies including home safety tips.



*Cynthia Thomas is a physical therapist at JFK Johnson Rehabilitation Center in Edison. She has experience working with a variety of patient populations including geriatrics and neurological diagnoses such as stroke and Parkinson's disease.*

**DATE: TUESDAY, MARCH 27, 2018**  
**TIME: 1:30 PM**  
**COST: FREE and OPEN TO THE COMMUNITY AS SPACE ALLOWS**

*Pre-Registration Recommended*



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