

Free Community Education Program

FALL 2024

Registration is required!



Steady Steps: Falls and Balance Prevention

Date: Thursday, September 19

Time: 11:30 a.m. – 1:00 p.m.

Site: Manchester Memorial Hospital or Live Webinar (Zoom)

September is Fall Prevention Month. Worldwide, falls are the second leading cause of unintentional deaths. In 2022 alone, more than 40,000 fatal falls occurred in adults 65 and older. Join Mary Pesce, PTA, LSVT, CPT, CET as she shares information on balance and changes as we age. She will also discuss strategies for preventing falls, as well as share environmental modifications that can help.

Every year, we dedicate time and resources to enhance the overall health and wellness of our communities by offering FREE educational programs to individuals and families. We invite you to join us and our healthcare providers in one of our many health education lectures.



Scan the QR Code to register online
or call 860.533.6550 for assistance.

ECHNSM
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