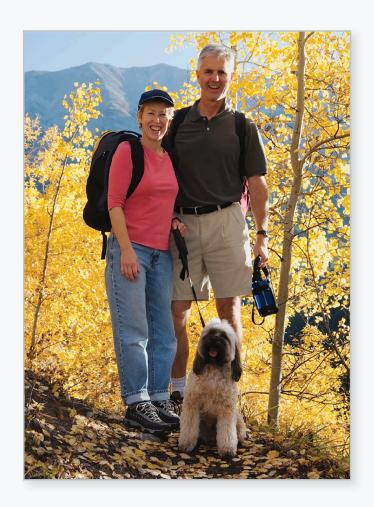
## "MOVE OFTEN, MOVE SAFELY, STOP FALLS, STOP FRACTURES"

Fall Prevention Webinar



Free and open to the community. Registration is required. To register, contact the NYSOPEP Office at info@nysopep.org or (845) 786-4772.

Friday, Sept 16th, 2022

2:00 p.m. - 3:00 p.m. Via Zoom

## Learn about...

- · Dizziness and vertigo
- Fall prevention strategies
- · Physical activity needed to prevent falls
- Medications that increase the risk of falls
- What to do in the event of a fall

## Speakers:

Andres M. Alves, PT DPT

Physical Therapist, Outpatient Neurology, Helen Hayes Hospital

## Payal Sahni, PT DPT

Program Director, NY State Osteoporosis Prevention & Education Program, Helen Hayes Hospital



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