

NATIONAL FALL PREVENTION AWARENESS MONTH 2022

# “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](mailto: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*



**HELEN HAYES**  
HOSPITAL

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