

Fall Prevention

THURSDAY, MARCH 7
@7pm

DATE PALM COUNTRY CLUB

36200 Date Palm Dr., Cathedral City

Staying Active is essential to good health as we get older, but our risk of falling and fracturing bones or suffering a traumatic brain injury increase.

Join us for this **FREE** event to hear all about Fall Prevention from the Cathedral City Fire Department, including Gael Whetstone with the Desert Care Network. Learn safe medicine practices, practical tips to help fall-proof your home, steps to prevent fall-related injuries and the importance of gait and grip strength.

A one-hour session will be presented @ 7pm by the Cathedral City Fire Department.



For more information please visit:
CathedralCityFire.org

Also accessible via QR code



Cathedral City
Fire Department

Desert Regional
Medical Center

Centers for
Disease Control
and Prevention

CATHEDRAL CITY **FIRE DEPARTMENT**

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Cathedralcityfire.org

M-TH 7am - 5:30pm