

# Let's walk to celebrate Fall Prevention Awareness Day



Help us celebrate Fall Prevention Awareness Day with education and fun!

Hundreds of organizations nationwide are recognizing **Fall Prevention Awareness Day** with activities to empower older adults to prevent falls in their everyday life.

**MONDAY – SEPTEMBER 23, 2019**  
**WELLMARK YMCA**  
**501 GRAND AVENUE, DES MOINES, IOWA**

## AGENDA

### 10:00 AM – 12:00 PM

Vendors and Activities:

Bone Density Screens	Blood Pressure Checks
Fall Risk Assessment	Educational Information
Medication Reviews	

### 12:00 PM – 12:30 PM

Director Announcements and Proclamation  
Frank Cownie, Des Moines Mayor  
Sarah Reisetter, IDPH Deputy Director  
Leisha Barcus, CEO of the YMCA of Greater Des Moines  
Wade Riedinger, Executive Director, Iowa Alliance of YMCAs

### 12:30 PM

Walk With Ease in the skywalk

Join us at the  
Wellmark YMCA or  
organize an event in  
your community.

For more information  
contact  **CHP**  
at 515-575-9220 or  
[info@my-chp.com](mailto:info@my-chp.com)

