



Fall-related injuries are common, especially in our senior population. The risk of falls by a loved one is a constant source of worry for mid-Michigan families.

Sparrow is offering a six-week Senior Fall Prevention Series to inform and educate seniors and those who care for them about simple ways to reduce the risks and safeguard against tragedy.

Better Bone Health: The Right Moves, Meds, and Meals for Staying Strong

Wednesday, Aug. 12, 11 a.m. to 12:30 p.m.

Lincoln Room, Kellogg Hotel & Conference Center, 219 South Harrison Road, East Lansing

Lunch with the Doctor program is \$10 for LifeTime members, \$15 for non-members, payable at the door (cash or check). Advance registration required, details listed below.

Hearing Loss and Fall Risks

Thursday, Aug. 27, 2 - 3 p.m.

Wimbledon room, Sparrow Michigan Athletic Club

Good Form Walking

Thursday, Sept. 3, 2 - 3 p.m.

Wimbledon room, Sparrow Michigan Athletic Club

Tai Chi and other Exercises for Balance

Thursday, Sept. 10, 2 - 3 p.m.

Wimbledon room, Sparrow Michigan Athletic Club

Nutrition and Bone Density

Thursday, Sept. 17, 2 - 3 p.m.

Spartan room, Sparrow Michigan Athletic Club

After the Fall: Recovery, Healing, and Staying Safe

Thursday, Sept. 24, 2 - 3 p.m.

Wimbledon room, Sparrow Michigan Athletic Club

Seminars are offered free of charge unless otherwise indicated. To register, call **1.800.Sparrow (1.800.772.7769)** or click each topic above to go directly to the Event listing. For questions, please contact Katie Hubbard at 517.364.8146 or **katie.hubbard@sparrow.org**.