

## FALL PREVENTION EDUCATION

### LOCATIONS

**Lankenau Medical Center**

100 East Lancaster Avenue  
Wynnewood, PA 19096

**Bryn Mawr Hospital**

130 South Bryn Mawr Avenue  
Bryn Mawr, PA 19010

**Paoli Hospital**

255 West Lancaster Avenue  
Paoli, PA 19301

**Riddle Hospital**

1068 West Baltimore Pike  
Media, PA 19063

**Bryn Mawr Rehab Hospital**

414 Paoli Pike  
Malvern, PA 19355

To register for a course to learn more  
about preventing falls, please call:

**1.866.CALL.MLH**  
[mainlinehealth.org](http://mainlinehealth.org)



**Main Line Health®**  
Well ahead.®

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## FALL PREVENTION EDUCATION



**Simple  
steps to  
preventing  
falls**



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Well ahead.®

MLH-17-MM-0571

Every year, thousands of older adults are seen in emergency departments for fall-related injuries. At Main Line Health, we offer free classes for older adults and their families to learn more about preventing falls.

### **Safer Steps**

In this one-hour course, participants learn how to stay independent by preventing falls. This class points out common safety hazards in the home and teaches the importance of exercise.

### **Healthy Steps For Older Adults**

This two-part workshop raises awareness about the causes of falls and how to prevent them. Participants learn how to exercise safely at home with a focus on health and well-being. It also includes a physical skill screening to determine a person's fall risk.

### **A Matter of Balance**

This more intensive program consists of eight sessions. Each session is a half day. Trained coaches help teach participants about the importance of balance through exercise and also address fears about falling.

**To register for any course listed above, please call 1.866.CALL.MLH (1.866.225.5654).**

### **Tips to keep you from falling**

- Find a good balance and exercise program; one that includes exercises for balance, strength and flexibility.
- Talk to your doctor about fall risks. Share your history of recent falls.
- Regularly review your medications with your doctor or pharmacist. Some medications have side effects, which can increase your chances for falling.
- Get your vision and hearing checked every year and update your glasses. Your eyes and ears are key to keeping you on your feet.



- Keep your home safe. Remove tripping hazards, increase lighting, and install grab bars.
- Talk to your family and friends. Get their support in helping you to stay safe.
- Limit your alcohol intake. Many people fall when they have too much to drink.