



# COUNTY OF ERIE

## OFFICE OF COUNTY EXECUTIVE

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**Kathy Dahlkemper**  
COUNTY EXECUTIVE

### **MEDIA RELEASE**

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FOR IMMEDIATE RELEASE  
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### **Erie County Department of Health and LifeWorks**

#### **Take a Stand to Prevent Falls**

The Erie County Department of Health is joining forces with the National Council on Aging (NCOA) and the Falls Free<sup>®</sup> Initiative to celebrate Falls Prevention Awareness Day on September 23, 2015 at LifeWorks located at 406 Peach Street from 2:00 PM - 4:30 PM.

Although falls are the leading cause of both fatal and nonfatal injury for those 65 years of age and older, they are not an inevitable part of aging. In fact, a combination of simple behavior changes can significantly reduce falls among older adults.

Join ECDH and their community partners for an afternoon of exercise demonstrations geared to improve balance, free health screenings and speakers dedicated to falls prevention in Erie County.

This year's Fall Prevention Awareness Day theme, *Take a Stand to Prevent Falls*, seeks to raise awareness about how to prevent fall-related injuries among older adults.

For more information, contact Aurielle Smith, Injury Prevention Coordinator 814-451-6543 or [asmith@eriecountygov.org](mailto:asmith@eriecountygov.org).

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