

Mark your calendars for an engaging and informative Lunch and Learn Virtual Webinar Series, organized by the NC Falls Prevention Coalition (NCFPC) in collaboration with the regional falls prevention coalitions.

**Join us for Falls Prevention Awareness Week: September 18-22 & 25, from 12-1pm\***

Monday* September 18, 2023		<b>Fall-Proof Your Home Part 1: Exploring HomeFit</b> Speaker: <b>Bob Gerken</b> , C.P.M, CAPS, Age Friendly Guilford Coordinator, AARP Triad Region Volunteer <i>*Note: Session is live-streamed on the <a href="#">PTRC Facebook page</a> from 10-11am</i>
Monday September 18, 2023		<b>Fall-Proof Your Home Part 2: Exploring Steps to Safety - Prevent Fire and Falls at Home</b> Speakers: <b>Britney Melvin</b> and <b>Wendy Giannini-King</b> , Fire Department Community Risk Reduction Coordinators
Tuesday September 19, 2023		<b>Caring Conversations: Discussing Falls Prevention with Family through the Prepare to Care Guide</b> Speakers: <b>Rosalie Calarco</b> , MSW, Associate State Director, AARP NC (Wilmington and the Coast) with <b>Barbara Akinwole</b> & <b>Beth Fortunato</b> , Lead AARP Coastal Region Volunteers
Wednesday September 20, 2023		<b>Discovering Balance: Unlocking the Benefits of Tai Chi for Arthritis and Fall Prevention</b> Speaker: <b>Nicole Hiegl</b> , Senior Trainer, Tai Chi for Health Institute
Thursday September 21, 2023		<b>The Power of Connection: Communication, Mental Health, and Falls Prevention</b> Speaker: <b>Jeffrey Dula-Brown</b> , MSHS, QMHP, CDP, Gero Specialist/Qualified Mental Health Professional, Vaya Health
Friday September 22, 2023		<b>Polypharmacy, Falls, and the Vital Need for Comprehensive Medication Reviews</b> Speaker: <b>Stefanie Ferreri</b> , PharmD, BCACP, FAPhA, Smith-Olsen Distinguished Professor, UNC Eshelman School of Pharmacy
Monday September 25, 2023		<b>Check, Update, Enhance: The Power of Annual Vision and Hearing Checkups for Optimal Health</b> Speaker: <b>Dr. Margaret "Maggie" Clifton</b> , DO, Medical Director, ECU Health Home Health and Hospice

All are welcome! Register [HERE](#) or visit site below:

*You can select the specific session you would like to attend during registration.*

*Please note that the Zoom link provided will be the same for all the webinar sessions, except Monday\*.*

**Visit [www.ncfallsprevention.org](http://www.ncfallsprevention.org) for more information!**