

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

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!**