

Free Fall Prevention Presentation

One-hour long presentation by Providence Swedish and IRG Physical & Hand Therapy



You'll learn how to:

- ✓ Stay active & independent
- ✓ Understand fall risks
- ✓ Choose supportive footwear
- ✓ Make your home safer
- ✓ Improve balance & strength



To schedule a presentation for your organization, scan the QR code or visit tinyurl.com/psfp2026.

Questions? Email sarah.brouwer@providence.org.



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