



COUNTY OF YOLO

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FOR IMMEDIATE RELEASE
December 28, 2018

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Free Fall Prevention Class for Seniors at West Sacramento Library

(Woodland, CA) – Seniors are invited to attend a free two-hour fall prevention class at Yolo County’s Arthur F. Turner Community Library, located at 1212 Merkley Avenue in West Sacramento on January 9 at 10:00 a.m.

One out of three adults over 65 falls each year. Among older adults, falls are the leading cause of fatal and non-fatal injuries and medical costs for falls in the United States total over 31 billion dollars annually.

Everyone can be proactive to reduce their risk of falling. Join the fall prevention class and learn from instructor Vicki “Mae” Denman how to manage changes in eyesight, hearing, reflexes, and medications; how to make your home safer with better lighting, handrails, and removal of physical obstacles; and how to keep your body active to maintain muscle strength and flexibility. Don’t let a fear of falling keep you from living your life.

Instructor Vicki has been teaching yoga since 1980 and works with individuals who are concerned with body challenges due to age, chronic illness, or stability. She is trained in three different modalities of fall prevention.

The Arthur F. Turner Library is accessible to persons with disabilities. For more information about events at the Arthur F. Turner Community Library, contact library staff at (916) 375-6465 or visit the Yolo County Library at: www.yolocountylibrary.org (see calendar for Arthur F. Turner Community Library-specific events). Connect with the Yolo County Library on Facebook at: www.facebook.com/yolocountylibrary.org.

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