



FREE Fall Prevention Resource Event

Sponsored by *Chateau at Valley Center*

Join us for a FREE event about how you can protect yourself and loved ones from fall risk and what to do if one happens. Valley's Trauma Services and GoldenCare teams are excited to host this education event open to older adults and family members!

RSVP today by scanning the QR code or visit valleymed.org/events

What's included:

- Light refreshments and coffee with plenty of room to mingle and chat.
- Vendor booths of resources related to fall prevention.
- A screening of SAGES Theater Inc.'s "Denying Gravity."
- Q&A with medical professionals about preventing falls in your own life.

Questions? Email GoldenCare@valleymed.org

April 29, 2025

8 AM - 12 PM

Valley Auditorium

Medical Arts Center (MAC)

4033 Talbot Road S, Renton

Park in Garage D or Lot E,
or drop off on South side
of the MAC

PLEASE RSVP BY APRIL 24

