



HEADS UP! SENIORS

ONE IN THREE OLDER ADULTS FALL EACH YEAR

60% OF THESE FALLS OCCUR AT HOME
FALLS ARE THE LEADING CAUSE OF INJURY DEATHS AMONG OLDER ADULTS



Heads-up! Seniors is a fall prevention and pedestrian safety campaign to increase awareness of the risks and consequences of falls among New Jersey's older residents. This **Jeopardy style** 1 ½ hour game includes safety checklists, materials on how to prevent falls and even **prizes for the winners!!!** This free educational and social presentation is designed to educate seniors on how to best prevent falls and pedestrian accidents that can lead to traumatic brain injury. Seniors will be encouraged to give their mind a workout and start thinking and talking about the issue, while having fun with their friends and neighbors.

Don't be a statistic – you can prevent yourself from falling!

WHEN: Friday, October 12, 2018

TIME: 11:00AM

WHERE: Senior/Youth Center

TO REGISTER FOR THIS EVENT:

You can register on-line by going to: jmolina@hpboro.com

Stop by at 220 South 6th Ave, Highland Park, NJ 08904

Call us at 732-819-0052



At Highland Park Dept on Aging

Heads-up! Seniors is a service of the Brain Injury Alliance of New Jersey. Funding is provided by The Traumatic Brain Injury (TBI) Fund and by the New Jersey Division of Highway Traffic Safety. Helpline: 1-800-669-4323