



**FREE TO THE
COMMUNITY**

**4th Annual Westchester
SENIOR SAFETY
&
FALL PREVENTION
AWARENESS DAY!**

**Thursday, October 27, 2011
10:30 a.m. to Noon**

Westchester Community Room
7166 West Manchester Ave.
Los Angeles CA 90045
(Across from the library)

Featured Speaker: Greg Cox
Physical Therapist/Master Clinician
and vestibular and balance specialist
from the Balance Disorders Institute

Topics will include:

- ◆ **Vertigo/Dizziness**
- ◆ **Medication Management**
 - ◆ **Fall Prevention**
- ◆ **Home Safety Modification**
 - ◆ **Aging in Place**
- ◆ **Emergency Preparedness**
- ◆ **When do I seek help? Where do I get help?**

Hosts Linda Owen Cantrill, owner Spirited Balance LLC, and Phyllis Farrell, fall prevention specialists, are members of the StopFalls Coalition, professional associations and federal agencies across the country dedicated to reducing Fall-related injuries and deaths among older adults.

For information and reservations please call: (310) 251-3828 or (310) 428-2026