



Date: Friday, April 10th

Time: 11am

Location: Surf City Fire Company

Speaker: Tracy Nerney
Trauma Injury Prevention
Coordinator

Jersey Shore Regional
Trauma Center

THE PARADIGMS OF FALL PREVENTION

*Lifestyle Suggestions to
Help Decrease Your Risk for
Falls*

Topics Include:

- Nutrition
- Exercise
- Medications
- Home Safety
- Self Awareness
- Avoiding Risky Behaviors
- Communicating with Your Team
- Finding Resources

KEEP GETTING BETTER



Hackensack
Meridian Health