



VILLAGE OF PINECREST
Press Release

For Additional Information:

Michelle Hammontree
Communications Manager
305.234.2121, Ext. 122
mhammontree@pinecrest-fl.gov

Guido H. Inguanzo, Jr., CMC
Village Clerk
305.234.2121, Ext. 120
clerk@pinecrest-fl.gov

Media Contact: Michelle Hammontree
Communications Manager
mhammontree@pinecrest-fl.gov
786-606-3042

FOR IMMEDIATE RELEASE

Pinecrest to host Fall Prevention Day Event for Seniors at the Community Center

Pinecrest, Fla. – Seniors and their caretakers are invited to a free Fall Prevention Day Event from 10:00 a.m. to 1:00 p.m. Thursday, September 22nd at the Pinecrest Community Center, 5855 Killian Drive. Falls put seniors at risk for serious injury. Workshops will cover topics that include core strengthening exercise, medications review and hazard-proofing home. Refreshments will be served.

Join us before the event for a free stretch and walk class from 9:00 to 10:00 a.m.

THE SCHEDULE OF EVENTS IS AS FOLLOWS:

10:20 to 10:40 a.m. – Taoist Tai Chi Society

Presentation and Demonstration by the Taoist TaiChi Society of USA

10:45 to 11:05 a.m. – Seniorbridge at Humana Home

How to Prevent Falls Inside the Home and While Walking Dog

11:10 to 11:30 a.m. – FIU Department of Physical Therapy

Exercise to the Strengthen Body and Lessen Serious Injury in the Case of a Fall

11:35 to 11:55 a.m. – Dade Physical

Bath Safety

12:00 noon to 12:20 p.m. – University of Miami

Yoga Meditation Presentation and Demonstration

ALL DAY WORKSHOPS

Medication checks by Walgreens pharmacist. Bring prescribed medications, over-the-counter medications and supplements for a free check.

Mobility Assessments by Florida International University

###

12645 Pinecrest Parkway, Pinecrest, Florida 33156

T: 305.234.2121 | F: 305.234.2131

www.pinecrest-fl.gov

