SENIOR FALL PREVENTION & SENIOR HEALTH FAIR

Thursday, March 3, 2016 • 9 am – 1 pm
Central Texas Council of Governments • 2180 N. Main Street • Belton, Texas 76513

FREE EVENT INCLUDES
Breakout sessions • Health fair • Wellness assessments • Exercise and movement demonstrations
Fall prevention awareness • Resources for seniors • Door Prizes • Giveaways

Keynote speaker: Paul Ace Friedman, MD, Physiatrist at Baylor Scott & White Health,
Assistant Professor of Physical Medicine and Rehabilitation, Texas A&M Health Science Center
“Fall Prevention for Older Persons: A Rehab Doc’s Perspective”

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SENIOR FALL PREVENTION & SENIOR HEALTH FAIR
THURSDAY, MARCH 3, 2016

EVENT AGENDA

9:00 am – 1:00 pm  HEALTH FAIR, WELLNESS ASSESSMENTS, EXHIBITS and DOOR PRIZES

9:00 am – 1:00 pm  EXERCISE and MOVEMENT DEMONSTRATIONS

9:45 – 10:00 am  WELCOME and COUNTY PROCLAMATION

10:00 – 10:45 am  KEYNOTE SPEAKER

Paul Ace Friedman, MD, Physiatrist at Baylor Scott & White Health, Assistant Professor of Physical Medicine and Rehabilitation, Texas A&M Health Science Center
“Fall Prevention for Older Persons: A Rehab Doc’s Perspective”

10:45 – 11:00 am  BREAK – snacks and exhibits

11:00 am – 1:00 pm  BREAKOUT SESSIONS and DOOR PRIZES

Aval NaRee Green, MD, CMD
Division Director for Geriatric Medicine at Baylor Scott & White Health
“Don’t Fall for It!”: Fall Prevention for the Mature Adult

Sofia Gomez, BA
Coordinator for Scott & White Health Plan Quality Improvement
“Healthy Bones”

Larry Montgomery, DC
Montgomery Chiropractor
“The Spine, Balance and Fall Prevention”

Ninfa Peña-Purcell, PhD
Health specialist and associate professor with Texas A&M AgriLife Extension Services
“Go-4-Thirty!”: Learn about basic physical activity guidelines for senior adults

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