

# FALL PREVENTION & EDUCATION PROGRAM



**FRIDAY  
NOVEMBER 14, 2025  
12:00PM**

**VENUE:**

TRADITIONS AT REAGAN PARK  
Café  
1176 Kingwood Drive  
Avon, IN 46123



**FOR MORE INFORMATION  
PLEASE CONTACT:**

**INDI PAYSINGER  
Executive Director  
(317) 271-0100**

## Confidence Starts with Prevention

As we head into the colder months, it's important to stay informed about fall prevention to help maintain safety and independence. Join us for an educational seminar presented by **360 Wellness**, offering practical tips and evidence-based strategies to reduce fall risks during the winter season.

This informative session was developed by licensed physical therapists and registered nurses from **Grace at Home**, in collaboration with members of the **Traditions Suite of Services - 360 Wellness and Best Choice Home Care**.

Light refreshments and desserts will be provided. Residents and their loved ones are encouraged to attend!