

FOR IMMEDIATE RELEASE

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**Dane County Falls Prevention Task Force
Hosts Annual "Only Leaves Should Fall" Falls Prevention Event**

MADISON, WISCONSIN – The Dane County Falls Prevention Task Force is pleased to announce that the annual falls prevention event, "Only Leaves Should Fall", will be held on Tuesday, September 24, 2019 from 11:30am – 3:30pm at Door Creek Church located at 6602 Dominion Dr, Madison.

At "Only Leaves Should Fall", participants will learn about local falls-prevention programs and classes; receive screenings and reviews for blood pressure, cognitive function, medication, balance, home safety, and urinary incontinence; and participate in program demonstrations, such as Tai Chi and Ballroom Basics for Balance. Participants will leave with community resources and information about how to best prevent a fall. *Lunch is provided, and the event is FREE.* Transportation is provided upon request (if you register by Fri., Sept. 13). *Please call Safe Communities at 608-441-3060 to register.*

Nationally, one out of four people 65 years and older will fall each year. And once someone suffers from a fall, they are more likely to fall again. In Wisconsin, falls are the number one cause of injury-related death and Wisconsin is consistently ranked #1 or #2 as having the highest death rate from falls in the nation. The good news is that falls are not a normal part of aging and efforts of the Dane County Falls Prevention Task Force and partners are helping to alleviate the prevalence of falls among older adults in our community.

Thanks to the Dane County Area Agency on Aging's 2019 Mally Grant, Door Creek Church, and Walmart for supporting this event.

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Safe Communities Madison-Dane County is a local non-profit coalition that brings together public and private sector partners to save lives, prevent injuries and make our community a safer place. We focus on projects and programs with a demonstrated track record of positive impact and success. Our core areas of work correspond to our community's top causes of injury and injury-related death: Traffic Safety, Pedestrian Safety, Child Safety, Drug Poisoning Prevention, Falls Prevention, and Suicide Prevention. More than 350 organizations - including area businesses, law enforcement and fire/EMS services, neighborhoods, health care leaders, youth and senior-serving agencies - actively collaborate with us on programs to make Dane County a safer place to live, work and play. For more information visit www.safercommunity.net or call 608-441-3060.