

SEPTEMBER IS FALLS PREVENTION MONTH!

Join **GROWS (The Grassroots Organization for the Well-being of Seniors in Montgomery County)** and their partners in wiping out falls! Attend one of the **FREE** programs listed below.

Ingleside at King Farm 701 King Farm Blvd, Rockville, MD 20850 240-499-9019	Tuesday, September 4, 3 p.m.	Brains Don't Bounce: Falls and Memory , Susan Wranik, MS, MA, CCC-SLP, Speech-Language Pathologist, Susan I. Wranik Associates, L.L.C.
Long Branch Senior Center 8700 Piney Branch Road, Silver Spring, MD 240-777-6965	Thursday, September 6 (and future Thursdays) at 11 a.m.	Beginning Tai Chi
Margaret Schweinhaut Senior Center 1000 Forest Glen Road, Silver Spring, MD 20901 Call 240-777-8085 to register.	Thursday, September 6 (and future Thursdays) 11:15 a.m.	Building Blocks of Tai Chi , Emphasizing body awareness, balance, a 'learning mind', and a sense of enjoyment.
Ring House 1801 East Jefferson Street, Rockville, MD 301-816-5052	Friday, September 7, 10:30 a.m.	Bodyworks and Balance Class Karen Finkleman, exercise instructor
Friendship Heights Village Center 4433 South Park Avenue, Chevy Chase, MD 20815 301-656-2797	Wednesday, October 10, 1-2 p.m.	Staying Firm on Your Feet! Jennifer Werdell, physical therapist, Suburban Hospital
Forest Oak Towers 101 Odendhal Avenue, Gaithersburg, MD 20877 301-926-9703	Monday, September 10, 2-3 p.m.	Falls Prevention: Aging, Balancing and Strengthening , Jean Costa, Regional Manager of Rehab Services, Adventist Home Health Care
Bedford Court 3701 International Drive, Silver Spring, MD 20906 RSVP to 301-438-6631	Wednesday September 12, 1:30-2:30 p.m.	Reducing Risk For Falls , Darlene Roth, Advanced Therapeutics Sponsored by JSSA Hospice, Senior Services and Premier Homecare
Rockville Senior Center, Azalea Room 1150 Carnation Drive, Rockville, MD 20850 240-314-8810	Part I: Wednesday, September 12, 1-2 p.m. Part ii: Wednesday, September 19, 1-2 p.m.	Part I: What Factors Impact Falls Part II: Individualized Balance Screenings Dr. Stacey Buckner, Physical Therapist
Elizabeth House 1400 Fenwick Lane, Silver Spring, MD 20910 301-585-6192	Thursday, September 13, 3 p.m.	Staying Upright , Shawn Brennan, Program Manager, Senior Health Promotion, Montgomery County Aging and Disability Services
Five Star Residence 8100 Connecticut Avenue, Chevy Chase, MD 20815 RSVP required: 301-915-9219	Thursday, September 13, 2 p.m.	Stand (and Stay) on Your Own Two Feet Dr. Thomas Ryan Orthopedic Surgeon and JoAnn Shapiro, PT, Chief Therapist, Kensington Physical Therapy
Arcola Towers 1135 University Blvd. West, Silver Spring MD, 20902 301-649-1738	Tuesday, September 18, 3 p.m.	Brains Don't Bounce: Falls and Memory , Susan Wranik, MS, MA, CCC-SLP, Speech-Language Pathologist Susan I. Wranik Associates, L.L.C.
Holy Cross Senior Source 8580 Second Avenue, Silver Spring 301-754-8800 call to schedule an appt.	Tuesday, Sept. 17, noon-2 p.m.	Falls Prevention Assessments Holy Cross Community Health staff
Longwood Community Center 19300 Georgia Avenue, Brookeville, MD 20833 240-777-6920	Tuesday, September 18, 11 a.m.	Staying Upright , Shawn Brennan, Program Manager, Senior Health Promotion, Montgomery County Aging and Disability Services
Gaithersburg Senior Center 80 Bureau Dr # A, Gaithersburg, MD 20878 301-258-6380	Wednesday, September 19, 11 a.m.	Falls Prevention and Assessment , Dr. Harjinder Kumar, Geriatric Medicine
Jewish Community Center of Greater Washington 6125 Montrose Road, Rockville, MD 20852 Debbie Sokobin at 301-348-3760	Wednesday, September 19, 10 a.m.	Falls Prevention: Aging, Balancing, and Strengthening , Jean Costa, Regional Manager of Rehab Services, Adventist Home Health Care
Holiday Park Senior Center 3950 Ferrara Drive, Silver Spring, MD 20906 Register for 15 min time slot: 240-777-4999.	Thursday, September 20, 1-3 p.m.	Balance Screening , by Suburban Hospital physical therapists
Bauer Park 14635 Bauer Drive, Rockville MD 20853 301-460-4547	Thursday, September 20, 11 a.m.	Steady as You Go: Avoiding Slips, Trips, and Falls , Vincent Santiago, Certified Senior Advisor and Director of Griswold Home Care, Montgomery County North/Chevy Chase
Potomac Valley Nursing and Wellness Center 1235 Potomac Valley Road, Rockville, MD 20850 301-762-0700	Friday September 21, 2-3 p.m.	Wellness Journey: Improving Balance, Preventing Falls, Regaining Independence , Renuka Choudary, O.T./DOR, Physical therapist, Home Care staff and a patient testimonial
Town Center Apartments 90 Monroe Street, Rockville, MD 20850 301-251-2955	Friday, September 21, 11 a.m.	Steady as You Go: Avoiding Slips, Trips, and Falls , Vincent Santiago, Certified Senior Advisor and Director of Griswold Home Care, Montgomery County North/Chevy Chase
Mid-County Community Center 2004 Queensguard Rd, Silver Spring, MD 20906 240-777-6820	Monday, September 24, 11 a.m.	Staying Upright , Shawn Brennan, Program Manager, Senior Health Promotion, Montgomery County Aging and Disability Services
Washington Home 3720 Upton NW, Washington, DC	Wednesday, September 26, 3 p.m.	Walking to Prevent Falls Aegis Therapies
Holy Cross Adult Daycare Center 9805 Dameron Drive, Silver Spring, MD RSVP by the 26th to 301-588-0859 or 301-754-7151	Wednesday, September 26 2:20 3:20 p.m.	Fall Prevention, Safe Mobility Techniques and Body Mechanics , Leslie Taylor, RN Director of Resident Services, BrightStar Healthcare
Waverly House 4521 East West Hwy, Bethesda, MD 20814 301-986-0054	Thursday, September 27, 3 p.m.	Staying Upright , Shawn Brennan Program Manager, Senior Health Promotion, Montgomery County Aging and Disability Services
Emeritus at Potomac 11215 Seven Locks Road, Potomac, MD 20854 301-765-9198	Thursday, September 27, 3 p.m.	Brains Don't Bounce: Falls and Memory , Susan Wranik, MS, MA, CCC-SLP, Speech-Language Pathologist, Susan I. Wranik Associates, L.L.C.
Ingleside Rock Creek 3050 Military Road Northwest, Washington, DC 20015 202-596-3083	Monday, September 28, 2 p.m.	Falls Prevention Workshop , Rehabilitation Manager, Flagship Rehabilitation
Sibley Memorial Hospital Medical Office Building 5212 Loughboro Rd. NW, Washington, DC 202-234-1010	Sunday, September 30, 2-3:30 p.m.	Stand up to Falls , Dr. Andrew Adleson, Ophthalmologist and Alexis Malkin, OD, vision Rehabilitation Specialist, Prevention of Blindness Society of Metropolitan Washington

GROWS would like to thank Shawn Brennan, Montgomery County Aging and Disability, for her assistance

This announcement made possible by:

