



Fall Prevention Symposium

Expert Advice on Bone Health and In-Home Fall Prevention

Join us for a **FREE** Fall Prevention Symposium hosted by Summit Healthcare and Timber Mesa Fire and Medical.

Dr. Jacob Oldham from Summit Healthcare Bone and Joint will provide insights on:

- The serious risks of falls and how to protect yourself.
- Expert advice on maintaining strong bone health.
- Practical tips to prevent injuries and stay active.

Timber Mesa Fire and Medical will provide essential information on:

- Reducing fall hazards around your home.
- Local resources available for home safety updates.

This symposium offers valuable, practical advice for anyone concerned about fall prevention. Keep yourself or a loved one safe and independent.

*New
Date
& Time* **October 20**
3:00 PM - 4:00 PM

Summit Healthcare Conference Center
Administrative Services Building
4951 S. White Mountain Rd., Bldg C,
Show Low, AZ 85901

Light snacks and drinks will be provided.
No registration required.

GET IN TOUCH

Summit Healthcare
928-537-4375
summithealthcare.net

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