



OCTOBER

IS FALL PREVENTION MONTH

Falls are not a normal part of aging and most can be prevented.

Join the ACOA on Mondays, Wednesdays and Fridays
throughout the month of October at 10 a.m.

for helpful tips, activities and resources to keep you safe, active and independent.
Let's prevent falls together because your independence matters!

Simple steps for Fall Prevention:

- Keep moving with balance and strength exercises
- Get vision and hearing tests regularly
- Review your medications with your doctor
- Wear sturdy, non-slip shoes

You are Cordially Invited

Happy Birthday OCTOBER

2 Sharon Kirkham
3 Lona Towne
7 Fred Sharp
9 Judith Gustam
10 Mary Kessler
13 Brenda Jones & Tom McAlpine
14 Bonnie Netzer
16 Sam Polito
19 Donna Jensen
23 Marcia Lantero & Marsha Lemond
27 Judy Ott
28 Mike Otolsic
29 Wayne Hoplsin
31 Robbin Schroeder

Welcome NEW MEMBERS

Cindy Bass
Barbara Burke
Larry Relander
Annette Stump
Susan Summar
Maria Vaughn



La Porte City Park Foundation
PROVIDING GREAT PARKS FOR EVERY GENERATION

