



LET'S THINKFIRST® TO

PREVENT FALLS



FALLS ARE THE **LEADING CAUSE OF ADMISSION** TO SHOCK TRAUMA.



1 IN EVERY 5 FALLS RESULTS IN A **SERIOUS INJURY** SUCH AS A **BRAIN INJURY** OR A **BROKEN BONE**.



FALLS ARE **NOT** A NORMAL PART OF THE AGING PROCESS.

The R Adams Cowley Shock Trauma Center is committed to keeping Marylanders safe.

Take steps to lower your risk by coming to a **FREE fall prevention education class** taught by a Shock Trauma expert.

THURS
18
JUNE

11:00 AM-12:30 PM

**Cecil County
Health Department**
401 Bow Street
Elkton, MD

Scan this code
to Register:



There are many factors that might increase your risk of falling.

How many of these apply to **you**?

- Age > 65
- Chronic pain
- Fear of falling
- Arthritis
- Substance use
- Diabetes
- Medications
- Low vitamin D
- Blood disorders

R ADAMS COWLEY
SHOCK TRAUMA
CENTER

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CENTER FOR INJURY PREVENTION & POLICY