



Senior Coffee Hour

Falls Prevention

Join us for a presentation on falls prevention!

Hear from Karen Winston and Mary Pat O'Leary as they share important practical information to assess your falls risk factors by creating an environment that prevents falls before they happen.

Karen and Mary Pat are planners with Aging and Disability Services, the Area Agency on Aging. Karen is active in fall prevention efforts at the local, county, and statewide level. Mary Pat is a Registered Nurse, also active in fall prevention efforts and health promotion programs in King County.

Thursday, January 18, 2018

10:00 a.m. – 11:00 a.m.

The Central Building

810 3rd Avenue – 1st Floor Conference Room
Seattle WA 98104

Coffee and refreshments will be served.

For questions about accessibility or to request an accommodation, contact Rowena Rye (206-684-0500 or seniors@seattle.gov). Requests should be made as soon as possible (at least three days prior to the event).



Aging and Disability Services
Area Agency on Aging for Seattle and King County



City of Seattle

