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**MEDIA ADVISORY**

**Vermont Celebrates Falls Prevention  
Education and Collaboration**

*Event is one of hundreds nationwide to honor 10<sup>th</sup> anniversary  
of Falls Prevention Awareness Day*

**On Sept. 22, 2017**, the Department of Disabilities, Aging and Independent Living and Department of Health will join with Falls Free Vermont, the National Council on Aging and hundreds of organizations nationwide to celebrate the 10<sup>th</sup> anniversary of Falls Prevention Awareness Day with activities to empower older adults to prevent falls in their everyday life.

In celebration of Falls Prevention Awareness Day, the Montpelier Senior Activity Center will host DAIL and friends for a reading of the Governor's Proclamation declaring September as Falls Prevention and Awareness Month. This will be followed by a short Tai Chi demonstration with Tai Chi Vermont and falls risk screenings for anyone over 60 with physical therapists from Stay Steady Vermont. This event is free and open to the public.

**WHAT:** Celebration of Falls Prevention Awareness Day

**WHEN:** Friday, September 22, 2017, 12:45pm.  
Proclamation Reading at 1:00pm.  
Tai Chi demonstration and Stay Steady screenings to follow.

**WHERE:** Montpelier Senior Activity Center  
58 Barre St, Montpelier, VT 05602

**WHY:** One in four Americans over the age of 65 falls every year, costing our healthcare system billions. However, falling is not a normal part of aging. Every older adult has the power to prevent a fall. Learn more at [www.fallsfreevermont.org](http://www.fallsfreevermont.org).

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*The Department of Disabilities, Aging and Independent Living's mission is to make Vermont the best state to grow old or live with a disability – with dignity, respect and independence.*