

# Fall Prevention Program at Jordan Elbridge Community Center

Program runs every Tuesday 12:15-1:15  
Starting May 5<sup>th</sup>- June 16<sup>th</sup> 2026

Sign up at this location  
to save your spot  
It's FREE to join!

# care

CENTER FOR  
AGING RESOURCES  
AND ENRICHMENT



J. Ryan McMahon, II  
County Executive

In Partnership with Onondaga County  
Department of Adult and Long Term Care Services



## LE MOYNE

Greatness meets Goodness®

## PROGRAM OFFERINGS:

- ✓ STRENGTHENING EXERCISES
- ✓ INFORMATIONAL HANDOUTS
- ✓ EVIDENCE-BASED PRESENTATIONS
- ✓ INDIVIDUALIZED RECOMMENDATIONS

## Did you know?

More than 1/4 Americans 65+ fall each year! Falls are the leading cause of fatal & nonfatal injuries among the older population!

Join our 7-Week Fall Prevention Program led by Occupational Therapists to improve balance, strength, and confidence while learning proven strategies to reduce your risk of falls at home and in the community.

[careatlemoyne.com](http://careatlemoyne.com)