

Fall Prevention Program at Jordan Elbridge Community Center

Program runs every Tuesday 12:15-1:15
Starting May 5th- June 16th 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

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Greatness meets Goodness®



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

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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.**