



## **NEWS RELEASE**

**FOR IMMEDIATE RELEASE**

April 21, 2016

### **Bilingual Forum Highlights Fall Prevention, Life-Saving Techniques**

Ventura, Calif. – The Ventura County Elderly Fall Prevention Coalition will be offering a bilingual forum that will focus on life-saving strategies to prevent falls. The event will be held at the Santa Paula Senior Center on April 30, 2016, from 8 a.m. – 1 p.m. This event is free and open to the public.

With the tagline, “Slips, trips, and falls can be avoided,” the forum will provide a variety of methods and informational sessions designed to arm adults and caregivers with the tools necessary to prevent falls and increase mobility. Nationally recognized research shows that one in three adults over the age of 65, and half of the population over the age of 75, fall each year. Of those individuals, half will die within a year from complications and injuries sustained from the fall.

The forum will feature health assessments and demonstrations in Zumba and Tai Chi: Moving for Better Balance. Guests will also have the option of receiving shingles and pneumonia vaccines free of charge. The Ventura County Elderly Fall Prevention Coalition and Tlaquepaque Restaurant in Santa Paula will provide breakfast burritos to those in attendance.

Presentations will be given by Martin Hernandez, Mayor of Santa Paula; Dr. Thomas Duncan, Co-Director and Chief of Staff, Elect, of the Ventura County Medical Center’s Trauma Unit; and Dr. Jaime Arana, general surgeon and native of Santa Paula.

The forum will be presented in Spanish, with the option of English translation. Transportation options are also available.

The Santa Paula Senior Center is located at 530 W. Main Street in Santa Paula. To register for the event, or for more information, please contact the Ventura County Area Agency on Aging’s Fall Prevention Program at (805) 477-7343.

Media inquiries may be directed to Jannette Jauregui, VCAAA Public Information Officer, at (805) 477-7306.

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