

2022 IS THE LAUNCH OF THE WORLD DECADE FOR HEALTHY AGING.

What are you and your workplace/organization doing to support healthy aging in Saskatchewan?

Here is an opportunity to contribute positively to support healthy ageing by PREVENTING FALL-RELATED INJURIES. You are invited to attend this virtual event designed for health care providers, community exercise leaders, yoga instructors, and anyone with interest in fall prevention community programming:

STRONG, BALANCED AND FAST: WORKING TOGETHER TO PREVENT FALL-RELATED INJURIES

The purpose is to:

- share knowledge gained from four University of Saskatchewan research projects evaluating the effect of practical community-based interventions on preventing fall-related injuries
- hear from you about experiences, challenges and facilitators in order to support and advance community programming to prevent falls

For more information including registration and six videos introducing our intervention programming visit **our site here**



This virtual 2 hour session will include an hour of knowledge sharing and opportunities for questions and an hour for a world café discussion.

**March 22, 2022
2:30 pm- 4:30 pm
or**

**March 25, 2022
6:30 pm - 8:30 pm**