



HEALTH INSURANCE COUNSELING & ADVOCACY PROGRAM (HICAP)
LONG TERM CARE OMBUDSMAN • NORTHCOAST HOMESHARE • INFORMATION & ASSISTANCE
HOMEMAKER SERVICES • VOLUNTEER DRIVER PROGRAM • AGING IN PLACE SUPPORT • FALL PREVENTION

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FOR IMMEDIATE RELEASE

Area 1 Agency on Aging Hosts Fall Prevention Awareness Event

Contact:

Area 1 Agency on Aging

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Eureka, California — September 5, 2025 — Area 1 Agency on Aging (A1AA) will host a Fall Prevention Awareness Event on Tuesday, September 23, from 1:00–4:00 p.m. in the Bay Room at the Wharfinger Building, 1 Marine Way, Eureka, California.

The event is part of National Fall Prevention Awareness Week, September 22–26, and will feature local service providers, resources, and practical information to help older adults reduce their risk of falling.

Falls are a major health concern for older adults: 1 in 3 will experience a fall, and 1 in 17 will require an emergency room visit. Importantly, a first fall doubles the risk of a second. “At A1AA, we aim to help older adults age in the home of their choice,” said Susan Cleverdon, A1AA Social Services Manager. “Providing information and education to reduce the risk of falling is one way to help achieve that goal.”

The event emphasizes that falls are NOT a normal part of aging. Most falls are preventable, and by taking proactive steps, older adults can reduce the risk of serious injury, maintain independence, and improve quality of life.

Highlights of the event include:

- 1:30 p.m. — Fall Risk Prevention Presentation
- 2:30 p.m. — SAIL (Staying Active and Independent for Life) Exercise Class Demonstration
- Fall Risk Assessments offered throughout the afternoon

Community members are invited to attend, learn about local programs, and discover strategies and resources that can help prevent falls and support healthy, independent living.

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