

The Local Health Improvement Coalition in the Howard County Health Department and the Office on Aging and Independence in the Howard County Department of Community Resources and Services present:

# COVID-19 and Staying Safe at Home: Falls Prevention Tips

Tuesday, May 5, 2020

1:30 p.m. - 2:30 p.m.

Virtual Presentation

**Free Event!**

Join us for a discussion about how to prevent falls while staying home. We will discuss home hazards, physical activity, action planning, socialization and resources for support.

## Presenters:

- Malarie Burgess, Exercise Specialist
- Nina Evangelista, PT, CMTPT, CEEAA, AIB-VR
- Margaret A. Fries, COTA/L
- Carly Shilling, OTR/L
- Felicia Stein, COTA/L

Register for the Webex: <https://bit.ly/3eLCt1h>