



Meals on Wheels and Senior Outreach Services



FALL
PREVENTION PROGRAM
OF CONTRA COSTA COUNTY



Vision and Falls

Vision problems and corrective lenses can effect fall risk. Come learn about diseases of the eye that can develop with age and safety precautions to take to reduce falls.

When: February 16, 2016 9a.m.

Where: 500 Ellinwood Way, Pleasant Hill, first floor

Special Guest: Dr. Jeanette Hochstatter, Foresight Optometry

9:00-9:30

Networking and Breakfast

9:30-9:45

Welcome and Introductions

9:45-10:00

Fall Prevention Program Updates

10:00-11:00

Eye Health Presentation with Dr. Hochstatter, O.D.

Call 925-891-4761 for more information.

The Fall Prevention Program of Contra Costa County Mission Statement: To reduce preventable injuries, loss of independence, costs, and deaths associated with falls among seniors and people with disabilities by raising awareness and developing fall prevention programs in Contra Costa County.

Meals on Wheels and Senior Outreach Services is a non-profit 501(c)(3) organization (IRS #68-0044205)
1300 Civic Dr., Walnut Creek, CA 94596 – 925-937-8311 – www.mowsos.org