



Take the Steps to Safer Living!

@ Idaho College of Osteopathic Medicine
1401 E Central Drive, Meridian ID
Saturday, 9/13/25, from 10am - 1pm



**JOIN US FOR A
FUN, FREE AND
ENGAGING
EVENT!**

WHO SHOULD ATTEND?

Adults aged 55+, Caregivers, Family Members...
ANYONE INTERESTED IN AGING WELL IN OUR COMMUNITY!



Interactive Booths & Exhibits

Discover local resources focused on healthy aging, maintaining mobility and fall prevention.

Community partners will be on site to answer questions and provide information.



Educational Presentations

Listen in as local experts present topics on fall prevention strategies, balance and mobility tips, home safety and more!

Join in a "Fit and Fall Proof" class! Central District Health will be leading a live class to demonstrate easy and effective exercises for balance and stability.



Fall Risk Assessments

Receive a quick and confidential Fall Risk screening designed to identify common factors that contribute to falls, especially among older adults.

Health professionals will be on-site to discuss balance and strength, medication and vision history, home safety tips to reduce tripping hazards, and giveaway items like non-slip socks and night lights (while supplies last).

Come explore, connect, and take your next steps toward safer living!

For questions or to request more information about this event, please contact the Meridian Fire Department:

☎ 208-888-1234

✉ fireeducation@meridiancity.org

