

The Ventura County Area Agency on Aging and the Fall Prevention Coalition partners ...

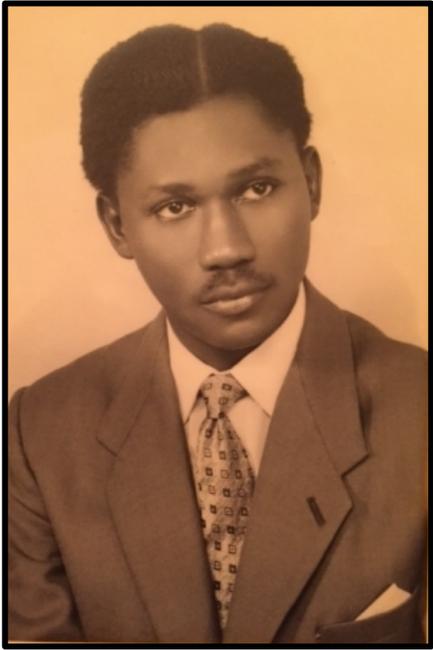
- Are aware of the critical effects that falls have on the health of individuals and most especially older adults;
- Offer case management services and evidence-based classes designed with those 60 and older in mind.

Classes, which are held county-wide, are FREE to any Ventura County resident 60 or older.

For more information visit [vcaaa.org](http://vcaaa.org), call (805) 477-7300 or email [Fall.Prevention.Program@ventura.org](mailto:Fall.Prevention.Program@ventura.org)



# J.T.D. Duncan



# 2023 Fall Prevention Forum

- In-person Forum this Friday at the Oxnard Performing Arts Center
- “Increase Your Ability to Maintain Your Stability” banner hanging in the Hall of Administration
- We encourage everyone to reach out to VCAAA to find help in remaining upright.
- We’ll see you at the Forum!



## FALL PREVENTION FORUM

Space Is Limited, Pre-Register at [vcaaa.org/falls](http://vcaaa.org/falls) or by Calling (805) 477-7300

### SPEAKERS:



**Dr. Thomas Duncan**  
D.O., F.A.C.S., F.I.C.S.  
Trauma Medical Director  
Ventura County Medical Center

**Dr. Javier Romero**  
M.D., F.A.C.S., F.I.C.S.

Immediate Past  
Chair of Surgery  
Ventura County  
Medical Center



**FRIDAY**  
September 29, 2023  
9 a.m. to 12:30 p.m.

Registration  
begins  
at 8 a.m.

**OXNARD PERFORMING ARTS CENTER**  
800 Hobson Way, Oxnard, CA

- ★ FREE LUNCH for All Guests
- ★ Prize Drawings
- ★ FREE Immunizations & Health Screenings
- ★ Zumba & Tai Chi Demonstrations
- ★ Balance & Gait Screenings



**LEARN TO PREVENT FALLS**



# Testimonials



# **COUNTY** *of* **VENTURA**

Human Services Agency  
Area Agency on Aging

Fall Prevention Program  
Testimonials