



The Center for Volunteer Caregiving

A faith-based effort to help people live as independently as possible for as long as possible

Stay Strong, Stay Active, Stay Standing

Presented by Ellen Schneider

Associate Director for Operations and Communications
UNC Institute on Aging

Tuesday, August 10, 2010, 12:30-1:30 PM

Our Lady of Lourdes Catholic Church, Fallon Center
2718 Overbrook Drive, Raleigh

One of the most significant health risks facing older adults is falling. Every year, one out of every three adults 65 and older will fall in North Carolina, and falls are currently the leading cause of injury death and the leading cause of emergency department injury visits for older persons in our state and in the nation.

BRING YOUR LUNCH and join us to learn more about the issue of falls, the many risk factors that contribute to falls, and what steps can be taken to prevent falls. There is so much more that can be **done than "just being careful!"**

Ellen Schneider's work at UNC focuses on falls prevention, healthy aging, evidence-based health promotion, and civic engagement. Ellen is a consultant with the National Council on Aging and facilitates the national Falls Prevention Awareness and Advocacy Committee. She is a member of the NC Falls Prevention Coalition Executive Committee and is program manager for the NC Healthy Aging Coalition. Ellen is also a past president and current member of the Board of Directors of The Center for Volunteer Caregiving.

DRINKS AND DESSERT PROVIDED.

Directions: Our Lady of Lourdes Catholic Church and the Fallon Center are located inside the Belt-line off Six Forks Road at the corner of Anderson Drive and Overbrook Drive.

Please contact The Center to register.

The Center for Volunteer Caregiving

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The Center for Volunteer Caregiving is a private, nonprofit, faith based organization formed in 1992. Our mission is to provide volunteer services to help Wake County seniors, family caregivers, and adults with disabilities maintain independence, dignity and quality of life.