

# NEWS & VIEWS FROM *Wesley Woods*

Presented by Beth Lever



## TAKING FALL COURSES

Because falls pose such a health risk, seniors are advised to educate themselves about how to prevent them. Twenty-five percent of people aged 70 years and older and half of those aged 80 and older fall each year. Even worse, these same individuals are likely to fall again, which can lead to life-threatening injuries. The good news is that recent research shows that older individuals who take part in intensive programs to prevent falls are much less likely to fall again. In fact, seniors who worked with specialists to help them build strength and balance and make recommendations for making their homes safer were less than half as likely to fall again as those not receiving fall education.

As a person ages, the risk of falling becomes greater with changes in vision and balance, coupled with other

medical and physical conditions contributing to the increased risk. WESLEY WOODS OF NEWNAN – PEACHTREE CITY provides a wide range of therapies – including physical, mental, social, and recreational to help residents realize their potential for health and happiness. For more information, please call 770-683-6833. We are located at 2280 North Highway 29. *View Retirement from a New Perspective.*

*P.S. At the very least, seniors are advised to secure area rugs and mats in their homes and improve lighting in living areas as fall-prevention steps.*



Wesley  
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[www.wesleywoodsnewnan.org](http://www.wesleywoodsnewnan.org)