



CONCORD REGIONAL
VISITING NURSE
ASSOCIATION

YOUR
CHOICE
FOR

120 YEARS

ONLINE

Staying Safe at Home

**Wednesday,
September 30
1:30-2:30 p.m.**

This year, we all find ourselves at home more than ever before. All of us, especially older Granite Staters, can remain independent in our homes and reduce the chances of falling by making changes to our home environment and finding ways to stay active. Join Michelle Dow, Physical Therapist with Concord Hospital's Outpatient Rehabilitation Department and Michelle Matson, Occupational Therapist with Concord Regional VNA as they explore common factors in the home that can lead to falls and simple steps you can take to minimize your risk.



CONCORD HOSPITAL
Rehabilitation Services

Registration is required.

To register, call **(603) 224-4093, ext. 5815** or visit **www.crvna.org**.
Once your registration is confirmed, you will receive a link to the program.
Technical support is available to participate in the group.

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