



ACAP provides information, resources, support and community for adult-children as they care for their aging parents and for themselves.

Until we are able to gather again in person, ACAP chapters are collaborating to offer monthly virtual programs, available via Zoom

Preventing Falls

Tuesday,
September 15 5:30-
7:00pm



Presenter: Elaine Watts,
Wellness/Fitness Coach -- Certified Livestrong Trainer and Counselor & YMCA Wellness Director (Retired)

Fall risks are a worrisome, but a real part of our aging process. Things that once were safe at home, may no longer be safe. Stairs, rugs, bad lighting, and many other factors must be addressed as we assist in creating safe environments for our loved ones. This program will help adult-children and other caregivers understand movement and mobility challenges as we age. Specific and practical tips for preventing falls will be shared to ensure safe environments in our home and community.

[Click here to Register for "Preventing Falls"](#)

After registering, you will receive an email with the program "link" from ACAPStatesville@gmail.com

- If you do not receive the "link," please check your Spam folder or, via the above email address, contact the chapter and indicate you wish to register
- To join the program, simply click on the email "link" at the designated time
- You may use your Desktop, Laptop, Smartphone, or Tablet
- Everyone will automatically be muted
- Attendees will have the opportunity to ask questions by using the chat button or during the Q&A at the end of the program

Hope you'll join us for this important program!

ACAP gratefully acknowledges our sponsors:

[ACAP Centre County \(PA\)](#)





ACAP Guilford County (NC)



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ACAP Winston-Salem (NC)

Charles Hemrick

Mrs. Norma Charles-Sink

ACAP (Adult Children of Aging Parents) provides information, resources, support and community for adult children as they care for their aging parents and for themselves. Local ACAP chapters offer free educational programs monthly. While we look forward to resuming in-person programs when safe to do so, during the Covid-19 pandemic, all programs are offered via Zoom and Facebook Live.

Although designed for adult children of aging parents, ACAP programs are open to all.

ACAPcommunity is a 501(c)3 nonprofit organization.

*For more information about ACAP
Please visit us at: www.acapcommunity.org
Email us at: fhall@ACAPcommunity.org*

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