

FREE COMMUNITY WELLNESS EVENT

# Fall Prevention: *Steady and Independent*

A friendly, practical session on preventing falls at home and staying independent. Helpful for residents, family members, and caregivers.

🌐 Bilingual · English & Español



LOURDES SIMONS

HOSTED AT **Oak Creek Senior Villas**



TIME  
**11:00 AM**



LOCATION

**Oak Creek Senior Villas**  
367 E Thousand Oaks Blvd, Thousand Oaks,  
CA 91360



NO COST  
**Free · All Welcome**



WEDNESDAY

**August 19, 2026**

TIME

**11:00 AM**

## What we will cover, *in plain language*

- ✓ Why falls happen, and how most can be prevented
- ✓ Simple home changes that remove the biggest hazards
- ✓ Balance and strength habits you can start today
- ✓ Medication and vision checks that lower your risk

## Save your seat

Seating is limited. Call or scan to let us know you are coming.

**323-673-7613**

Calling connects you with a licensed insurance agent



SCAN FOR EVENTS &  
DETAILS

Lourdes Simons is a licensed insurance agent (CA License #4072266 · NPI 19713985) contracted with Syndicated Insurance Agency. Not connected with or endorsed by the U.S. government or the federal Medicare program. This is an educational wellness event; no plan-specific benefits will be discussed and no enrollment will take place. This event is not medical advice; talk with your doctor about your personal fall risk. We do not offer every plan available in your area. We represent 8 organizations which offer 75 products in your area. Contact Medicare.gov or 1-800-MEDICARE (TTY 1-877-486-2048) for all of your options. For accommodations for special needs, call 323-673-7613 (TTY 711). Oak Creek Senior Villas does not recommend or endorse any plan or product.