

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



TUESDAY

August 25, 2026

TIME

11:00 AM

GUEST SPEAKER **Martha Shapiro, LCSW** Director of Programs, Senior Concerns



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 and Senior Concerns do not recommend or endorse any plan or product.

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INSURANCE

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