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CITY OF KEARNEY **PRESS RELEASE** ***For Immediate Release***

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Fall Prevention for Seniors at Kearney Public Library

Seniors and their families and caregivers are invited to this important program at Kearney Public Library on Tuesday, July 11, at 11:00am.

Fall prevention is an important topic to consider as you get older. Physical changes and health conditions — and sometimes the medications used to treat those conditions — make falls more likely as you age. In fact, falls are a leading cause of injury among older adults. Still, fear of falling doesn't need to rule your life. Instead, let CHI Health Good Samaritan educate you about six simple fall prevention strategies.

This program is sponsored by CHI Health Good Samaritan and the Kearney Public Library. For more information or to register, visit www.kearneylib.org and click on “Events and Bookings,” or call the library at 308-233-3282. The Kearney Public Library is located at 2020 1st Avenue.

Check out our web site at www.cityofkearney.org.

We are sending this News Release as a service to the news media and citizens of Kearney.