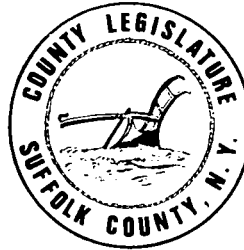


NEWS FROM Legislator

Lou D'Amaro



SUFFOLK COUNTY LEGISLATURE
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CHAIR – Budget & Finance

MEMBER – Veterans

For Immediate Release

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Fall Prevention Deserves Your Attention!

REGISTER NOW FOR LOCALLY-HELD FREE SUFFOLK COUNTY WORKSHOPS

(HUNTINGTON STATION, NY... February 6, 2017) – Pay some attention to fall prevention! Suffolk County Legislator Lou D'Amaro (D-Huntington Station) and Commissioner of Health Services Dr. James Tomarken would like to inform mature residents that registration is now **underway for one of the County's innovative programs** focused on fall prevention. The program is intended to empower mature adults to carry out behaviors that reduce the risks of falls and improve their quality of life.

Staying Independent for Life

“Staying Independent for Life” is a condensed two-hour session that provides tips and tools to improve balance and strength. There are upcoming sessions in:

Wyandanch

Wednesday, February 15, 2017, 10 am – 12 pm

Wyandanch Senior Center

28 Wyandanch Ave

To register, call (631) 491-4889

(more)

West Islip

Wednesday, February 22, 10 am – 12 pm
West Islip Public Library
3 Higbie Lane
To register, call (631) 661-7080

Kings Park

Tuesday, February 28, 10 am – 12 pm
Martin Luther Terrace Apartments
116 Wartburg Court
To register, call (631) 853-7214

Additional programs, including **Stepping On**, a seven-week National award-winning program, are offered in Suffolk County communities throughout the year. For more information about any of the Suffolk County Fall Prevention Programs, call the Suffolk County Department of Health Services at (631) 853-6492 or visit:

www.suffolkcountyny.gov/Departments/HealthServices/PreventiveMedicine/PublicHealthNursing

“According to The National Council on Aging, every 15 seconds a senior citizen is treated in a hospital emergency room for a fall-related accident,” said **Legislator D’Amaro**. “Through awareness and increased participation in fall prevention programs, we hope to be able to cut down on the frequency and severity of these incidents. I hope many people will enroll either themselves or their loved ones in these programs.”

#

Suffolk County Legislator Lou D’Amaro represents the 17th Legislative District, which includes parts of Huntington, Huntington Station, South Huntington, Melville, West Hills, Cold Spring Hills, Dix Hills, Deer Park, North Babylon and West Babylon. He is chairman of the Budget & Finance committee and a member of the Veterans committee of the Suffolk County Legislature.