



Martha's Vineyard Falls Prevention Coalition

September is Falls Prevention Month

Falls Prevention Information, Trivia, Giveaways, Matter of Balance Class Sign-up, AND Refreshments

Every day of Falls Prevention Week (Sept 18-22)

- Mon, Sept 18, 12:00–3:00, Vineyard Haven Library
- Tues, Sept 19, 11:30–1:00, EDG Council on Aging
- Wed, Sept 20, 12:30–2:00, OB Council on Aging
 - Thurs, Sept 21, 11:30–1:00, Up-Island Council on Aging (West Tisbury)
- Fri, Sept 22, 10:00–12:00, Tisbury Council on Aging

Trail Walking to Stay Active

Discover accessible Martha's Vineyard Trails for adults of all levels of mobility

Each walk will be led by a member of the All Island Trails Committee and HAMV. We'll identify safe walking options and look for benches for resting.

- Wed, Sept 6, 10am, Felix Neck Wildlife Sanctuary
Edgartown (Mass Audubon)
- Wed, Sept 13, 10am, Pecoy Point Preserve
Oak Bluffs (MV Land Bank)
- Wed, Sept 20, 10am, Sheriff's Meadow Sanctuary
Edgartown (Sheriff's Meadow Foundation)
- Wed, Sept 27, 10am, Polly Hill Arboretum, WT

Join The Trustees of Reservations for a guided walk at beautiful Mytoi Garden on Chappy on Sat, Sept 23rd.
Email LynnMarquedant@hamv.org to register.

How to Recover From a Fall

Presented by Natasha Snowden of the Martha's Vineyard Hospital Physical Therapy Department

While there are actions we can take to reduce the risk of falling, like keeping muscles toned, removing obstacles in the home and installing grab bars, the fact is sometimes we fall. In this hour long session you'll learn strategies and techniques for recovering from any of a number of types of falls.

September 22, 10AM

At the YMCA, 111R Edgartown-Vineyard Haven Road

Public Health RN HealthChecks

Sept 5 VH COA Wellness 10:30–11:30

Sept 5 OB COA Wellness 12:30–1:30

Sept 5 Woodside Village Wellness 2:30–3:30

Sept 7 Stop & Shop Pharmacy Wellness 10:30-11:30

Sept 11 WT Library Wellness 12:00-1:00

Sept 11 WT COA Parkinson's Support Group 1:00–2:00

Sept 12 EDG COA Wellness 12:00–1:00

Sept 18 VH COA DM Support Group 1:00–2:00

Sept 18 Food Pantry 2:30–3:30

Movement & Balance Screening

Vineyard Complementary Medicine

Sept 14 Balance Screenings start at 12:20

At the YMCA, 111R Edgartown-Vineyard Haven Road

Email info@vcmp.com or call 508-693-3800

Reservation required.

Reserve your spot online today:

<https://vcmp.com/clinics-screenings/>

Check with your local COA for more Falls Prevention offerings and resources.

Edgartown: 508-627-4368, Tisbury: 508-696-4205

Oak Bluffs: 508-693-2896, Up-Island: 508-693-2896

Visit hamv.org or email LynnMarquedant@hamv.org for more information.

