





Home / For Patients / Trauma System / Education and Prevention / Falls Awareness

# **Falls Awareness**

## Take a Stand Against Falls

Falls, currently the leading cause of traumatic injury in Palm Beach County, can happen to anyone. The good news is that falls can often be prevented. The Health Care District of Palm Beach County, in partnership with Palm Beach County Fire Rescue and the Board of County Commissioners, are pleased to provide information, resources and practical tips to the Palm Beach County community to help prevent falls.

### **Prevent Falls PBC App**

<u>Download our FREE Prevent Falls PBC app</u> for valuable falls prevention resources, checklists and additional information.

#### Features include:



- Tai Ji Quan Classes
- -Balance Screening
- -Resources
- -Push Notifications
- -Weather Alerts







# Join Us for Free Tai Ji Quan: Moving for Better Balance® Classes:

Tai Ji Quan: Moving for Better Balance® (TJQMBB) is a research-based balance training program developed by Dr. Fuzhong Li, a Senior Scientist at the Oregon Research Institute. Designed specifically for older adults at risk of falling and individuals with balance disorders, the program offers a wide range of health benefits, including improved balance, increased lower-extremity strength, enhanced physical performance, and most

importantly, the prevention of falls and injurious falls.

#### **Locations:**

### **Open to the Public:**

### South County Civic Center, Delray Beach, FL

16700 Jog Rd, Delray Beach, FL 33446 (Outside Under the Pavilion)

Mondays-Fridays: 8:30 am-9:30 am

Tuesdays/Thursdays: 10:00am-11:00am

### St, Mary's Medical Center, West Palm Beach, FL (Through April 26)

901 45th St. West Palm Beach, FL 33407 (Palm Beach Children's Hospital Entrance)

Mondays & Fridays: 5:00 pm-6:00pm

ID required for hospital security access.

# <u>Health Care District Board Room, West Palm Beach, FL (Starting Monday, May 6)</u>

1515 N Flagler Dr. #101, West Palm Beach, FL 33401 (Lobby Level)

Next to the reception office by the front doors.

Mondays & Fridays: 5:00 pm-6:00pm

Self park in the attached parking garage.

### **West Boynton Park & Recreation Center**

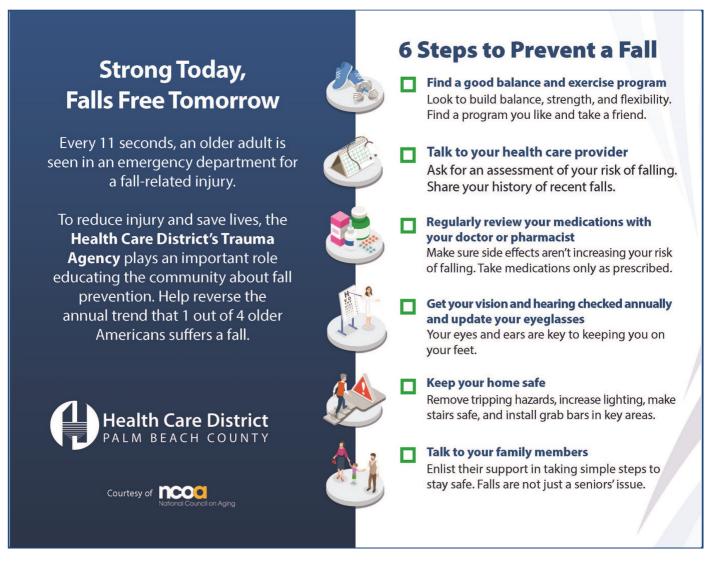
6000 Northtree Blvd. Lake Worth, FL 33463

TOP

Monday-Thursday: 9:30am-10:30am

Additional locations coming soon!

# Six Steps to Prevent a Fall



### Download Checklist (English)

### **Download Checklist (Spanish)**

This Falls Prevention Program is supported by the Administration for Community Living (ACL), U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling \$1,000,000.00 with 100 percentage funded by ACL/HHS and \$0 and 0 percentage funded by non-government source(s). The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by ACL/HHS, or the U.S. Government.

TOP

## Support

**Notice of Privacy Practices** 

Privacy Policy & Disclaimer

Non-discrimination Notice

**ADA Notice** 

**Department of Transportation Notice** 

**Hospital Price Transparency** 

**HCD Facial Covering Policy** 

Careers - Current Team Members

# Compliance

**Compliance Hotline: 1-866-633-7233** 

Compliance Page

**Public Meetings** 

read all public meetings

Social Media

? ? ?

### Sitemap | © Health Care District of Palm Beach County