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Health Care District Launches Prevent Falls PBC App to Combat Falls in Palm Beach County

The Health Care District of Palm Beach County takes a significant stride in the battle against falls by launching its Prevent Falls PBC app. The app is designed to empower users with the tools they need to prevent falls and maintain a healthy, active lifestyle.

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Falls were the leading cause of traumatic injuries in Palm Beach County last year, with a staggering 2,570 reported incidents, marking a 145% increase since 2010. In response to this alarming trend, the Health Care District initiated a robust falls prevention initiative earlier this year, securing a \$1 million one-year grant sponsored by U.S. Rep. Lois Frankel. This initiative builds upon the Health Care District's previous falls awareness program for older adults, emphasizing evidence-based falls prevention efforts. As an integral component of this broader initiative, the Prevent Falls PBC app signifies a proactive step toward constructing a safer and healthier community.

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The Prevent Falls PBC app offers a range of features, including falls prevention

resources, a balance assessment tool, tai chi balance classes, weather alerts, push notifications for updates, and more. The app is available for download from the Apple Store, Google Play Store, or PreventFallsPBC.org.

"The Health Care District is committed to creating a safer and healthier community," said Darcy J. Davis, Chief Executive Officer for the Health Care District. "This Prevent Falls PBC app, along with our free community tai chi balance classes, are integral components of our proactive approach to falls prevention to help residents avoid injury and stay on their feet."

"I look forward to seeing the positive impact this app will have on our community's well-being," said Joel Rosales, Trauma Nurse Manager for the Health Care District. "The app not only provides valuable resources, but also engages the community with practical solutions to reduce falls."

The Health Care District invites the public to [download the free Prevent Falls PBC app](#) and join its free tai chi balance classes held weekdays from 8:30 a.m. to 9:30 a.m. under the pavilion at the South County Civic Center in Delray Beach, Florida, in partnership with Palm Beach County Parks and Recreation. For more information, visit PreventFallsPBC.org.

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[C. L. Brumback Primary Care Clinics Finance Committee](#)

Date: May 22, 2024

Location:

In-Person & Zoom Meeting - SEE MEETING DETAILS INCLUDED

Health Care District of Palm Beach County

[1515 N. Flagler Drive.](#)

[Suite 101](#)

[West Palm Beach, FL 33401](#)

Social Media

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