

2ND ANNUAL PIEDMONT AREA FALLS-FREE EXPO

Wednesday, September 24, 2025 | 9:30 AM - 2:30 PM

Intergenerational Center for Arts & Wellness

114 W. 30th St.

Winston-Salem, NC 27105

Join us for Falls Prevention Awareness Week to learn, get resources, and participate in engaging activities.



FEATURED SPEAKERS

- **Brady Workman, Au.D**
Atrium Health
- **Megan Edwards-Collins, PhD, OTR**
Winston-Salem State University
- **Shawn Griffin, RN**
Atrium Health
- **Isabel Dowty, DPT**
Stewart Physical Therapy Team



PIEDMONT TRIAD
AREA AGENCY ON AGING



WINSTON-SALEM
STATE UNIVERSITY
School of Health Sciences

WHY ATTEND?

Falls are one of the leading causes of injury for older adults, but they are **preventable!**

ACTIVITIES

FREE Balance Screenings, Chair Yoga, Exercise and Wellness, Raffles, fun and food!!

To register:

Call: 336-904-0328 | **Email:** cpeoples@ptrc.org

www.ptrc.org/fallsfree

