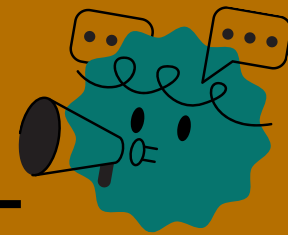


FALLS-FREE EXPO

SCHEDULE



September 24, 2025

9:30 AM - 2:30 PM

**The Intergenerational Center for
Arts & Wellness**

114 W. 30th Street, Winston-Salem, NC

Be sure to grab an activity card and fill it out. Show us your completed card for a chance to win the grand prize!

| | |
|-----------------|---|
| 9:30 AM | Visit vendors |
| 10:00 AM | Stability & Balance Exercise Class Ayana Graham, DPT |
| 10:30 AM | Emergency Room Fall-Related Injuries Shawn Griffin, RN |
| 11:20 AM | Chair Yoga Katie Oliver |
| 11:50 AM | Lunch Sponsored by Prime Choice Physical Therapy |
| 12:35 PM | Qigong Flow |
| 1:05 PM | Hearing & Fall Prevention Dr. Brady Workman |
| 1:35 PM | GRAND PRIZE DRAWING |
| 1:50PM | Preventing Falls in Older Adults Isabell Dowty, DPT |



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AREA AGENCY ON AGING



WINSTON-SALEM
STATE UNIVERSITY
School of Health Sciences