



Southern Chapter Arizona Falls Prevention Awareness Month Events & Community Resources in Southern Arizona September Through December of 2025

Day/Date	Time	Location	Event Name	Details
9/3/25	10am	TMC for Seniors 2695 N. Craycroft Rd. Tucson, AZ 85712	Home Safety Check: A Fall Prevention Walkthrough	
9/10/25	2pm	TMC for Seniors 2695 N. Craycroft Rd. Tucson, AZ 85712	Watch Your Step: Fall Prevention in Motion	
9/26/25	10am – 3pm	160 N. La Canada Dr. Green Valley, AZ 85614	Arroyo Gardens Independent and Assisted Living – Falls Prevention and Awareness Health Fair	
9/17/25	9 – 1130am	Tucson Jewish Community Center	TMC for Seniors No Falls Fair	Some individual presentations – not all confirmed – at TMC for seniors where folks can either come in person or watch online. Partnering with Encompass health and the JCC. Maya Luria is POC; Maya.Luria@tmcaz.com ; 520-324-1996
9/17/25	2 – 3pm	Goodness Family Church 3141 W. Ironwood Hills Rd Tucson, AZ 85745	Falls Prevention Presentation Exercises to Help Make you Stronger	Learn exercises that will help make you stronger. Tips will be given to make your home more fall-proof. This is a sit, watch and learn event. No participation required! You're welcome to take notes. Handouts of the exercises will be given out. POC: Fran Fischer 520-639-2743 Flyer for the event: https://www.gerifit.com/admin/flyers/flyers/Fall_Prevention_Flyer1751.pdf
9/30/25	2pm	TMC for Seniors 2695 N. Craycroft Rd. Tucson, AZ 85712	Reclaiming Confidence, Connection and Wellbeing After a Fall	

Day/Date	Time	Location	Event Name	Details
9/30/25	1 - 3pm	Tentative location: Wilmot Library 530 N. Wilmot Rd. Tucson, AZ 85710	Carondelet St. Joseph's Hospital Trauma Center	2 - 3 speakers and related topics POC: Melissa Anderson melissa.anderson2@carondelet.org 520-405-6467- cell
LATE SEPT/EARLY OCT?		PCOA	PCOA Falls Prevention Assessment Lab	Standardized tests, functional reach test, paper self-assessment, time to stand, Tai chi demonstration, balance activities, some stretching - flexibility for lower extremities, 10 to 12 stations to rotate through. Some snacks will be provided. POC: Karen Fogas/Lisa Walters
10/17/25	11am - 3pm	Chinese Cultural Center 1288 W. River Rd. Tucson, AZ 85704	Banner and the University of Arizona Falls Prevention Fair	POC: Karen Vallon/Tawab Saljuqi
10/25/25	10am - 3pm	El Rio	Feast for your Brain	Community health fair hosted by the Mel and Enid Zukerman College of Public Health at El Rio Neighborhood Center. This year will be the 4th time it has been accomplished successfully. The focus is learning about healthy aging, brain health and Mind Crowd (to discover how to reduce cognitive decline). There are speakers, cultural dancers, singers, vendors, Tai Chi, food truck, raffle just to name a few. POC: Caroline Carrasco 520-223-5116 and her email is carolinacarrasco@arizona.edu

**COMMUNITY RESOURCES FOR OLDER ADULTS IN SOUTHERN ARIZONA
THROUGH DECEMBER OF 2025**

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