



CHOICESM
Health Plans

Join Us!



Did you know falls are the leading cause of injury-related death and hospitalization for older adults in New York City? Presented by the NYC Department of Health and Mental Hygiene, learn about fall risk factors and ways to minimize these risks. Also learn about tools and resources that can help prevent falls, especially in the home environment.

Join using a PC, Mac, iPad, iPhone or Android device.

TOPIC: *Falls Prevention for Older Adults*

HOST: **Caitlyn Smith, MPH,**
Senior Falls Prevention Analyst

DATE: **Wednesday, December 9**

TIME: **10:00 am - 11:00 am**

HOW TO PARTICIPATE:

Click [HERE](#) to join the workshop via Zoom or see instructions on left to access the workshop

Join with Zoom!

- 1) Go to www.Zoom.com
- 2) Click on **"Join a Meeting"**
- 3) Enter the following:
Meeting ID: 772 662 3351

OR download the Zoom app:

- 1) Open the App Store or Google Play Store
- 2) Search for and download the Zoom app
- 3) Click "Open" and "Join a Meeting"
- 4) Enter the following:
Meeting ID: 772 662 3351

OR join via phone:

Dial in (US) +1 646-558-8656
Meeting ID: 772 662 3351

For questions, please call
9 am - 5 pm, Monday - Friday

Manhattan/Queens:

Ashley Carrillo, 917-886-5660

Bronx/Westchester:

Christy Harvey, 347-443-6723

Queens/Long Island:

Michael Leysath, 646-477-5152

Brooklyn/Staten Island:

Xiomara Guzman, 347-439-3916

Upstate NY:

Veronica Lestage, 917-647-5354