



# HealthTalk

## Vandalia Recreation Center

1111 Stonequarry Road  
Dayton, OH 45414

Registration is required through the call center at **866-608-FIND (3463)** though the event is free.

### FALL PREVENTION:

Did you know 1 in 3 adults aged 65 or older will fall this year? Do your part to not become a statistic, and learn fall prevention with the S.L.I.P. program from the Society of Trauma Nurses.

Sept. 11 from 10 to 11 a.m.

### DON'T SWEAT THE STRESS:

Everyone feels stressed from time to time, especially around the Holidays, but can it really affect your health? Come and learn what stress is all about, how your body responds to it, and what you can do to manage it.

Dec. 4 from 10 to 11 a.m.

The event is free, to register call **866-608-FIND (3463)** or visit us at [premierhealth.com/healthtalk](http://premierhealth.com/healthtalk).

