



CENTRALINA
Area Agency on Aging

2021 Webinar Series

Living Independently Longer in Your Home & Your Community.

This session will discuss:

- Get tips to keep you living independently longer.
- Make your home safer for under \$10!
- Advice on how to get around the town with less fear of being in a severe crash.
- Learn beneficial exercises that don't require you leaving the couch!

Presentation will share real world examples of changes we can make that reduce your risk of falling and crashing. The two leading causes of severe and life ending injuries for people age 50 and over.

Janice Williams , MSED,
Director, Injury Prevention
Atrium Health

Lisa Hunt, OT,
Driving Rehabilitation Specialist
Atrium Health

February 4, 2021

10:00 — 11:00 AM

Via Zoom

Who should attend?

- Older Adults, Caregivers, Service Providers, facility staff and more!

Sponsored by:

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Charlotte

Register Here!

800-508-5777

www.centralinaaging.org