



September Wellness Newsletter

Healthy Aging & Fall Prevention

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Click on the  to download resources!

September is the month of Healthy Aging and Fall Prevention. Our AYOW focus on these topics supports our residents' well-being and extends outreach to promote healthy living for local seniors.

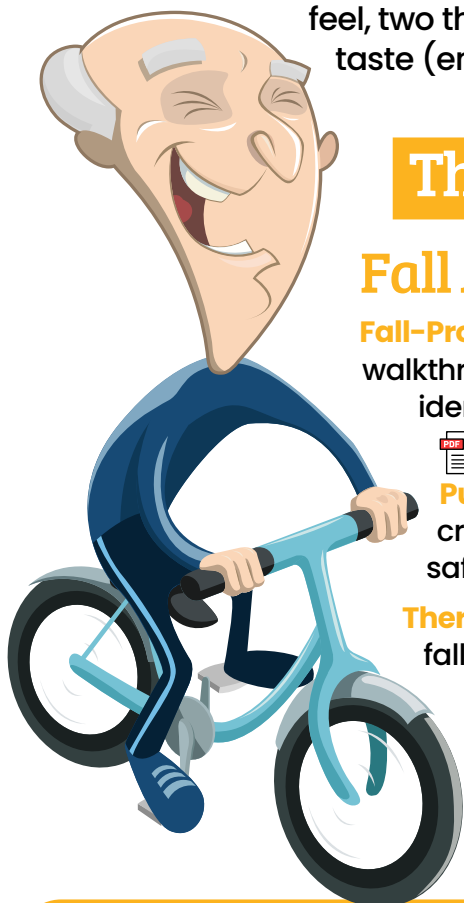
Featured Wellness Activities

10 Tips for Healthy Aging

"Passport to Wellness" Adventure Walk Residents "travel" to different stations (set up with country décor, music, and a mini challenges like seated stretching, or tossing a beanbag into a "passport stamp" box).

Wellness Spa Day Hand massages, aromatherapy, soft music, and guided breathing for relaxation.


Five Senses Walk A slow stroll where residents note five things they see, four they hear, three they feel, two they smell, and one they taste (ending with a healthy snack).



Therapy Corner


Fall Activities

Fall-Proof My Space – Small group walkthrough of resident rooms to identify and address trip hazards.

 **Fall Prevention Awareness Puzzle Pack** – Word searches, crosswords, and games with safety tips.

Therapy Tips Board – Post weekly fall prevention tips on a brightly decorated bulletin board in the therapy gym.

Marketing & Community Outreach Ideas

 Partner with a local senior center or fitness group to host a **Fall Prevention Workshop** and distribute the Fall Prevention Puzzle Pack.

Host a **"Safe for Fall" Open House** for families, featuring:

- An audiologist discussing hearing and dizziness.
- An optometrist sharing how vision care and regular eye exams help prevent falls.
- A local DME company to show home safety equipment.

Social Media & Promotions

Bring your program's spirit to life online:

- Share short video clips of balance exercises or therapy tips.
- Post resident success stories (with permission) about improved mobility and confidence.
- Create a **"Fall Prevention Tip of the Day"** series for the month.

Share the fun! Send your photos to SocialMedia@reliant-rehab.com