

Keiro's Quality of Life Classes

# May Schedule

This comprehensive educational program focuses on bringing awareness to, and promotion of lifestyle changes that enhance quality of life for older adults.

We will continue our Quality of Life Classes in May with the Health and Wellness element of quality of life, specifically focusing on fall prevention.

## May 2023 - HEALTH/WELLNESS: Fall Prevention

### ▸ Preventing Falls: Taking Control of Risks

Tuesday, May 2, 2023 | 2:00 p.m.

With around 36 million reported cases per year among older adults, falls are a public health concern. However, falls are NOT a normal part of aging and are preventable. Join this class to discuss shared concerns about falling and to learn tips to reduce your risk of falls in and around the house.

### ▸ Community Conversations: Overcoming Your Fear of Falls

Tuesday, May 9, 2023 | 2:00 p.m.

Join Keiro staff for this Community Conversation discussion about Health and Wellness. In this community discussion session, we will explore more about health and wellness and how everyday choices can empower us to live the life we want while being aware of fall risks.

Visit [keiro.org/qol](https://keiro.org/qol) to register and for class descriptions.

For more information, contact [programs@keiro.org](mailto:programs@keiro.org) or 213.873.5708.



Founded in 1961, Keiro improves the quality of life for older adults and their caregivers in the Japanese American community of Los Angeles, Orange, and Ventura counties. For more information, visit [keiro.org](https://keiro.org).