



## “I Fell, Now What?”

Learn what to do if you experience a fall and who to call for help if you need it.

**FREE** Webinar

Join the Falls Free® Wisconsin Coalition for a webinar as we host Physical Therapist Dr. Dobby Stucki, Fire Chief Chris Cass, and Occupational Therapist Emily Thompson. More than 1 in 4 older adults (ages 65+) have a fall each year (CDC). Learn how to get up from a fall and ways to maintain your independence and prevent falls as we age.

**Monday, February 24, 2025**

**3:00 p.m. - 4:00 p.m.**

**Virtual on Zoom**

**Register:**  
**[bit.ly/4h8pNRw](https://bit.ly/4h8pNRw)**



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