

September 4 - Noon

How YOU Can Prevent Falls

Willow Manor at Fair Hill Farm
18301 Georgia Avenue
Olney, MD 20832
301-621-7830
Jen Wolfe, PharmD, BCGP
www.drjenwolfe.com

September 5 – 3:00-4:00 PM

How YOU Can Prevent Falls

Elizabeth House
1400 Fenwick Lane
Silver Spring, MD 20910
240-682-1765
Jen Wolfe, PharmD, BCGP
www.drjenwolfe.com

September 7 – 1:00-2:00 PM

Fall Risk Assessments

Margaret Schweinhaut Center
1000 Forest Glen Road
Silver Spring, MD 20901
240-777-8085
Adventist Rehabilitation Hospital
www.adventisthealthcare.com/locations/rehabilitation/

September 10 – 2:00-3:00 PM

How YOU Can Prevent Falls

Forest Oak Towers
101 Odendhal Avenue
Gaithersburg, MD 20877
301-774-7813
Jen Wolfe, PharmD, BCGP
www.drjenwolfe.com

September 11 - 2:30 PM

How YOU Can Prevent Falls

Andrew Kim House
2100 Olney Sandy Spring Road
Olney, MD 20832
301-621-7830
Jen Wolfe, PharmD, BCGP
www.drjenwolfe.com

September 12 - 1:00 PM (RSVP required)

Balance in Action

Kensington Park Senior Living
3620 Littledale Road
Kensington, MD 20895
301-946-7700
Facilitator: Genesis
www.genesisihcc.com

September 12 - 11:00 AM

Yoga For Balance

Benjamin Gaither Center
80 A Bureau Drive
Gaithersburg, MD 20878
240-805-1578
Jane Stelbourn
www.sarasvate.com

September 12 - 3:00-4:00 PM

How YOU Can Prevent Falls

Arcola Towers
1135 University Boulevard West
Silver Spring, MD 20902
240-682-1765
Jen Wolfe, PharmD, BCGP
www.drjenwolfe.com

September 13 – 11:00 AM-12 Noon

How We Prevent Falls

Layhill Nursing and Rehab Center
3227 Bel Pre Road
Silver Spring, MD 20906
603-508-8540
Laurie Kelly with Demonstration by Bill Kelly
Helping My Parkinsonian Husband Keep His Life in Balance

September 13 – 11:00 AM-12:00 PM

How YOU Can Prevent Falls

Long Branch Senior Center
8700 Piney Branch Road
Silver Spring, MD 20901
240-777-6975
Jen Wolfe, PharmD, BCGP
www.drjenwolfe.com

September 14 – 2:00-3:00 PM

Falls Prevention

Potomac United Methodist Church
9908 South Glen Road
Potomac, MD 20854
301-299-9383
Andrew Myers
Home Modifications and Technology Applications to
Falls Prevention & Recovery

September 17 - 10:30 AM - 1:00 PM

You Have the Power to Reduce Your Risk of Falling

Oasis
Macys Home Store | 7125 Democracy Blvd
Bethesda, MD 20817
301-469-4976
Fall Prevention Fair Speakers
www.oasisnet.org/washington

September 17 - 1:00 PM

How YOU Can Prevent Falls

Damascus Senior Center
9701 Main Street, Suite 2
Damascus, MD 20872
240-777-6995
Jen Wolfe, PharmD, BCGP
www.drjenwolfe.com

September 18 – 2:00-4:00 PM

Head to Toe Approach to Fall Prevention

Grand Oaks
5901 MacArthur Boulevard NW
Washington, DC 20016
202-349-3400
Carole Lewis, PT, DPT, GCS, GTC, MPA, MSG, PhD,
FAPTA
www.topicsingeriatricrehabilitation.com
www.greatseminaronline.com

September 19- 12:30 – 1:30 PM

How YOU Can Prevent Falls

North Potomac Senior Center
13850 Travilah Road
Rockville, MD 20850
240-773- 4805

Jen Wolfe, PharmD, BCGP
www.drjenwolfe.com

September 20 - 2:00 PM

Preventing Falls in Your Home and Community

Aspenwood Senior Living Community
14400 Homecrest Road
Silver Spring, MD 20906
301-598-6424
Mike Koehle

September 21 - 2:00 PM

Preventive Safety and Maintaining Strength and Posture

Seabury @ Friendship Terrace Retirement Community
4201 Butterworth Place NW
Washington, DC 20016
202-244-7400
Arominta Perry, Professional Healthcare Liaison
<https://www.seaburyresources.org/friendshipterrace>

September 21 - 11:30 AM-1:00 PM

How YOU Can Prevent Falls

Gilchrist Hall
9601 Medical Center Drive
Rockville, MD 20850
Jen Wolfe, PharmD, BCGP
www.drjenwolfe.com

September 24 - 2:00 PM

Fall Prevention

Premier Residences of Chevy Chase
8100 Connecticut Avenue
Chevy Chase, MD 20815
301-915-9231
Kathleen Zulkoski PT, Rehab Director
www.fivestarseniorliving.com/communities/md/chevy-chase/five-star-premier-residences-of-chevy-chase

September 24 - 4:00 PM

Building confidence and strength after a fall and preventing potential mishaps.

Brightview West End
285 N. Washington Street
Rockville, MD 20850

Mary Ann Buckley, MSW and JoRoadana Goodstein, RN
www.corewoodcare.com

September 25 - 1:00 PM

Shift to Safety

Revitz House
6111 Montrose Road
Rockville, Md 20852
301-770-8450
Crystal Key, Wellness Coordinator
www.smithlifecommunities.org

September 25 – 1:00-2:00 PM

Stay Firm on Your Feet

Holiday Park Senior Center
3950 Ferrara Drive
Wheaton, MD 20906
240-777-4999
Suburban Hospital
www.hopkinsmedicine.org/suburban_hospital/index.html

September 26 - 1:30 PM

Shift to Safety

Ring House
1801 East Jefferson Street
Rockville, MD 20852
301-770-8450
Crystal Key, Wellness Coordinator
www.smithlifecommunities.org

September 26 – 10:00 AM

How YOU Can Prevent Falls

White Oak Senior Center
1700 April Lane
Silver Spring, MD 20904
240-777-6944
Jen Wolfe, PharmD, BCGP
www.drjenwolfe.com

September 27 – 10:00 AM – Noon

Falls and Balance: As Part of a Medical Fitness Evaluation for Older Adults

Asbury Methodist Village
Rosborough Cultural Arts

Center 301 Odendhal Avenue
Gaithersburg, MD 20877 (Enter Through Gatehouse)
240-688-6286

Carole Lewis, PT, DPT, GCS, GTC, MPA, MSG, PhD,
FAPTA

www.topicsingeriatricrehabilitation.com
www.greatseminarsonline.com

September 27 – 11:00 AM

Kentlands Manor
221 Booth Street
Gaithersburg, MD 20878
301-740-8870
Speaker: Priti Prabhu, BPT, MSPT
www.mobilitynmore.com

September 27 – 12:00-1:00 PM

BRAINS DON'T BOUNCE: WHAT YOU SHOULD KNOW ABOUT FALLS AND MEMORY

Asheir Homes- Potomac
20 Riverwood Ct.
Potomac. MD 20854
301-250-6660
Susan I. Wranik, MS, MA, CCC-SLP LSVT Certified
www.speakskill.com

September 28 – 10:00-11:00 AM

Floor Safety

Plum Gar Community Center
19561 Scenery Drive
Germantown, MD 20876
240-777-4919
Chad Freeman,
The Slip Authority, LLC / Chad Freeman
Slippery When Wet; Reducing Slips & Falls

September 29 - 9:30-11:30 AM

St. John's Episcopal Church
3427 Olney Laytonsville Road
Olney, MD 20832
301-704-5848
Briana Marangi, MA, CCC-SLP, CPD
www.rehabcare.com