

# DOC

# talks

## WATCH YOUR STEP!

December 12th

## A GUIDE TO FALL PREVENTION

More than one in three people aged 65 or older fall each year. Don't let this be you! Slips, trips and falls become more common as we age and can result in serious injury that can limit mobility and independence. Thankfully many falls are preventable. Come have a conversation with us about ways that we can stay on our feet and avoid injury.

**Wednesday at Noon-Lunch Included**  
**In the Miller Street Conference Room**  
1000 North Miller Street Wenatchee, WA 98801



**Lexie  
Graham,  
MD**

*Internal  
Medicine*

**Michael  
Graham,  
MD**

*Internal  
Medicine*



For more information  
about DOC Talks please visit:  
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**Have Questions?**

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