

Henry County Extension Office
Box 246
New Castle, KY 40050

August 4, 2010

I wanted to invite you and your organization to attend this special “Fall Recovery and Discovery” Workshop being presented by Body Recall on October 14 at the Shelby County Extension Office.

We are all very aware of the growing concern for the number of elderly who are disabled by a fall. Body Recall was developed over 30 years ago in Berea, Kentucky and has been teaching fall recovery as part of its core curriculum ever since.

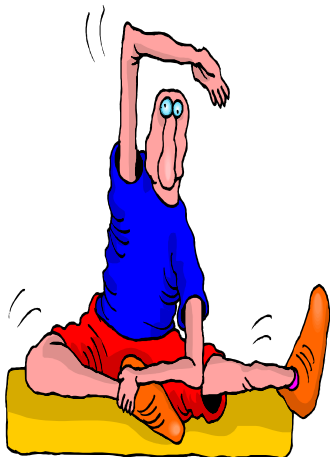
Please plan to send someone from your agency or organization to attend this great educational opportunity. I have been teaching Body Recall for the past ten years and know that you will benefit from this hands-on workshop.

It is great for anyone who works with or interacts with the elderly, and for anyone interested in learning basic techniques for fall prevention and fall recovery!

For more information call either me or Sheila Fawbush at 502-633-4593 or check out the Body Recall website at: <http://bodyrecall.org/>

Sincerely,

Maryellen Garrison
County Extension Agent
for Family & Consumer Science



*The Shelby County Extension Office
is proud to present:*

Fall Recovery / Discovery The Body Recall Way

This workshop will address:

- **Issues associated with falls** and fall prevention among older and special needs populations
- **Simple exercises** to prevent or reduce the severity of falls and fall-related injuries
- **Effective techniques** for rising from a fall
- **Ways to enhance** and maximize recovery



Cost: **\$49.00** (includes a Body Recall Fall Recovery DVD)

Date: **Thursday, October 14**
Time: **1:00 p.m. to 4:00 p.m.**
Place: **Shelby County Office
1117 Frankfort Road
Shelbyville, KY 40065**

For over 30 years Body Recall (www.bodyrecall.org) has been teaching fall recovery as part of its core curriculum. This hands-on introductory **workshop is for: aging service and healthcare professionals, emergency service providers, caregivers and others** interested in learning basic techniques for fall prevention and fall recovery.

(CEU credits are available through TRAIN)

Deadline for registration is October 1st
Mail Checks made payable to Body Recall and mail to: Shelby County Extension Agent, 1117 Frankfort Road, Shelbyville, KY 40065. For more information call Sheila Fawbush at 502-633-4593