

You're Invited to a FREE Pancake Breakfast!

Who: YOU, Your fire department & Falls Prevention Coalition

What: Pancake Breakfast & Fall Prevention Presentation

When: Wednesday, March 16
8:00 — 9:30am

Where: Sunnyside Fire Station 66
7217— 40th Street NE
Marysville, WA 98270
Directions on reverse side

RSVP appreciated but not required to attend.
Contact Kristen Thorsentenson at 360-363-8507

Join us for a falls prevention
presentation & a tour of the fire station!



www.marysvilefiredistrict.org



www.sssc.org/fall_prevention_coalition



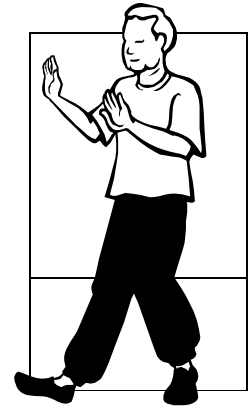
www.lsfire.org

Fall Prevention Coalition of Snohomish County

The Fall Prevention Coalition of Snohomish County was established in 2008 to educate older adults and their families about the seriousness of falls and the steps that can be taken to prevent falls. The coalition consists of and is supported by a number of community organizations.

Did You Know?

- 1 in 3 persons age 65 and over will fall
- 1 in 10 falls will result in a serious injury
- Older adults who fall are 3 times as likely to fall again
- The state of Washington has one of the highest recorded number of falls nationally



At the Pancake Breakfast, we will provide the following information:

- What You Can Do to Prevent Falls
- Home Safety Checklist
- Falls-Free Plan
- How I Can Get Involved

Senior Services' Minor Home Repair may be able to help you make your home safer. More information will be available at the event to those who are interested.

Directions To Station 66

- **From Hwy 9**—Turn West onto Soper Hill Road , Turn Right onto 71st Ave NE., the fire station will be up the hill on the right.
- **From Marysville**—Take 67th Avenue NE southbound (turns sharply to the East and into 44th Street NE), follow up the hill, Turn Right onto 71st Avenue NE, the fire station will be on your left.