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Symposium to Help Educate and Help Mitigate Preventable Falls on National Falls Prevention Day Hosted by Pines of Sarasota In Celebration of National Falls Prevention Day

PRESS RELEASE

Sarasota, FL: On September 22, 2016 (the 1st day of Fall) Pines of Sarasota Rehabilitation and Senior Care Community will be holding a National Falls Prevention Symposium from 9:00 am - 3:30 pm at Cullers Hall on Pines of Sarasota campus. Pines of Sarasota's Ready & Steady A Plan for Better Balance joins the National Council on Aging's Falls Prevention Day in seeking to unite professionals, older adults, and caregivers to play a part in raising awareness and preventing falls in the older adult population.

This free-to-the-public event is to learn fun and innovative ways to reduce your risk of falls from leading three local physicians who will speak on the topic and from leading experts and resources in our community who will provide a Tai Chi demonstration and share educational information. The subject matter experts and their topics are:
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- Dr. Jason Collins, Orthopedic Surgeon - "Walking Tall & Avoiding Falls"
- Dr. Andrew Marlowe, ENT Specialist - "Your Ears: How They Relate to Hearing & Balance"
- Dr. Brian Burke, Orthopedic Surgeon - "Most Common Hip Fracture is Result of Ground-Level Fall"

iTNSunCoast has graciously offered to provide free rides to the symposium to anyone in need of a ride who is sixty and older or to anyone with a vision impairment.

"This symposium is so important. Falls have become an epidemic in our senior population. At Pines of Sarasota Rehabilitation and Senior Care community, hundreds of people have taken our Free Ready & Steady Falls Risk Assessment. But what I am really excited about is that among those who are at risk for falling – so many have taken our physical therapy programs... dramatically improving their balance and their strength so they can have an independent and good quality life for as long as possible The Ready & Steady balance therapy outcomes are the true success story of this program," explains Joel Amistoso, Director of Rehabilitation Services – Pines of Sarasota.

Seating will be limited. For tickets please call, 941.552.1882. To schedule an interview with one of the Symposium experts or with one of our Ready & Steady experts, please call Lisabeth Begin, Publicist 727-243-6965 or Bette Zaret, Director of Strategic Marketing, 941.228.3676.



Pines of Sarasota Rehabilitation and Senior Care Community provides excellent and compassionate short-term and outpatient rehabilitation services, skilled nursing, memory care, assisted living as well as educational programs for seniors and their families in order to help enhance their quality of life. Pines of Sarasota Rehabilitation and Senior Care Community epitomizes innovative initiatives including; an on-campus child care and learning center which fosters inter-generational interaction and learning; The Ready & Steady Falls Prevention and Balance Program, which helps minimize the risk of falling and; a comprehensive Volunteer Program that supports every aspect of campus life. Pines of Sarasota Rehabilitation and Senior Care Community is a not-for-profit organization that leads the way in holistic senior care.