



**IRVINE  
CARES**



# Bone Density and Fall Prevention Lecture

**Friday, May 15, 2–4 p.m.**

Lakeview Senior Center, 20 Lake Road

## Gain Valuable Insights to Enhance Safety and Overall Well-Being

The Office of Health & Wellness, in partnership with UCI Health presents a free Bone Density and Fall Prevention Lecture on proactive steps toward healthier aging.

Join an Internal Medicine physician and two double board-certified Geriatric Medicine physicians from UCI Health as they discuss strategies to maintain bone density, improve balance, and prevent falls. This lecture is ideal for older adults, caregivers, and anyone interested in proactive health management.

## Agenda

- 2–2:45 p.m.** Bone Density Lecture
- 2:45–3 p.m.** Bone Density Q&A
- 3–3:45 p.m.** Fall Prevention Lecture
- 3:45–4 p.m.** Fall Prevention Q&A



## Register

To register, scan the QR code below, or visit [yourirvine.org](http://yourirvine.org), or call the Office of Health & Wellness at 949-724-6650.

Visit [cityofirvine.org/communitysupport](http://cityofirvine.org/communitysupport) to learn more about vital support programs the City of Irvine offers to help residents maintain their health and well-being.



[cityofirvine.org/communitysupport](http://cityofirvine.org/communitysupport)

**UCI Health**

