

# Fall Back To The

# 70S

## FALL PREVENTION FORUM

Space Is Limited, Pre-Register at [vcaaa.org/falls](http://vcaaa.org/falls) or by Calling (805) 477-7300

### SPEAKERS:



**Dr. Thomas Duncan**  
D.O., F.A.C.S.,  
F.I.C.S.  
Trauma Medical  
Director  
Ventura County  
Medical Center

### Dr. Javier Romero

M.D., F.A.C.S.,  
F.I.C.S.  
Chief of Surgery  
Ventura County  
Medical Center



### FRIDAY

September 29, 2023  
9 a.m. to 12:30 p.m.

*Registration  
begins  
at 8 a.m.*

**OXNARD PERFORMING ARTS CENTER**  
800 Hobson Way, Oxnard, CA

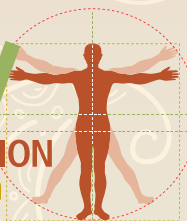
- ★ FREE LUNCH for All Guests
- ★ Prize Drawings
- ★ FREE Immunizations & Health Screenings
- ★ Zumba & Tai Chi Demonstrations
- ★ Balance & Gait Screenings



**COUNTY of VENTURA**  
Human Services Agency  
Area Agency on Aging  
[vcaaa.org](http://vcaaa.org)

Ventura County  
ELDERLY

**Fall/**  
PREVENTION  
Coalition



CITY OF  
**OXNARD**  
CALIFORNIA

## LEARN TO PREVENT FALLS

# Regresemos a los 70

## FORO DE PREVENCIÓN DE CAÍDAS

El Espacio es Limitado, Para Registrarse Visitar el Sitio de Internet [vcaaa.org/falls](http://vcaaa.org/falls) o Llamar al Número (805) 477-7300

### PONENTES:



**Dr. Thomas Duncan**  
D.O., F.A.C.S.,  
F.I.C.S.  
Director Médico  
de Trauma  
Ventura County  
Medical Center

### Dr. Javier Romero

M.D., F.A.C.S.,  
F.I.C.S.  
Jefe de Cirugía  
Ventura County  
Medical Center



### VIERNES

29 de Septiembre del 2023  
9 a.m. a 12:30 p.m.

*La Registración  
Empieza a  
las 8 a.m.*

**OXNARD PERFORMING ARTS CENTER**  
800 Hobson Way, Oxnard, CA

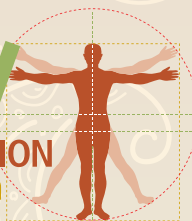
- ★ ALMUERZO GRATIS para Todos los Invitados e Invitadas
- ★ Sorteo de Premios
- ★ Vacunas y Exámenes de Salud GRATUITAS
- ★ Demostración de Zumba & Tai Chi
- ★ Evaluaciones de Equilibrio y Pasos



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## APRENDA A PREVENIR LAS CAÍDAS