

Let's Have a Conversation About Healthy Aging and Falls Prevention!

Join Falls Free Missouri for interactive community conversations focused on helping Missourians stay safe, healthy and independent as they age.

October 1, 2025

6:00 pm - 7:30 pm
Online via Zoom

October 7, 2025

10:30 am - 12:00 pm
St. Louis Extension Office

October 22, 2025

10:00 am - 11:30 am
Boone Electric Community Building
Columbia, MO

October 23, 2025

11:00 am - 1:30 pm
Osage Senior Connections
Linn, MO

October 27, 2025

1:00 pm - 2:30 pm
Precision Coffee
Nevada, MO

What to Expect

- Engaging discussion on aging in place and preventing falls
- Snacks and beverages
- Complimentary gift bag*



RSVP Today!

Register using the link below or scan the QR Code.
extension.missouri.edu/events/community-conversations-healthy-aging
*Walk-ins are welcome, but RSVP to guarantee your gift bag!



 **FALLS
FREE
MISSOURI**



Falls Free Missouri is a nonprofit coalition committed to ensuring communities have access to resources that support healthy aging and falls prevention.
573-882-2799 | mocan@missouri.edu.

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nco | **FallsFree.**
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