

Health Happenings



November 2011

[Find a Doctor](#) | [Visit Touro.com](#)

FREE Health Seminars

Traveling with Diabetes: Touro Prime Years Seminar
Thursday, November 17, Noon – 1 p.m.

[> Click here for more info and to register.](#)

Fall Prevention 3-week Series: 'Stay on Your Feet'
Mondays: Nov 28, Dec 5 & Dec 12, 1:30 p.m. - 2:30 p.m.

[> Click here for more info and to register.](#)

Prostate Health Seminar

Tuesday, December 6, 6 - 7 p.m.

Dr. Richard Vanlangendonck

[> Click here for more info and to register.](#)



FALL PREVENTION 3-WEEK SERIES: 'STAY ON YOUR FEET'

Did you know one in three adults age 65 and older falls each year?

Falls among older adults can lead to hip fractures, head traumas, and can even increase the risk of early death. Fortunately, falls are a health problem that is largely preventable.

A person can significantly reduce their risk of falling by:

1. Taking care of their health through exercise, medication review and management, and regular vision exams.
2. Slowing down and taking extra precautions
3. Making small changes to their home environment

Join Touro Physical and Occupational Therapists for a three week series that will keep you on your feet!

Mondays: Nov 28, Dec 5 & 12; 1:30 p.m. - 2:30 p.m.;
Presidents Room • Touro Infirmary

[Click here](#) to read more about our 3-week program.
[Register online](#) or call (504) 897-8500.



31 DAYS OF PINK: AN INSPIRING MONTH

Touro would like to sincerely thank everyone who participated in our 2011 31 Days of Pink Breast Cancer Awareness campaign. 31 Days of Pink has come to an end, but we are reminded that the fight to beat breast cancer continues every day of the year.

It was a month full of education, sharing, inspiration, fighting, volunteering, fundraising, caring and much more. We are truly inspired by the stories of hope and strength, and personal reasons that each of you 'pink'. Please check back in October 2012 as we continue the conversation about breast health awareness in our community.

[Click here](#) to read inspiring stories shared on Facebook throughout the month.

[Click here](#) to view Touro's 31 Days of Pink videos.



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