

10th Anniversary Program on Community Fall and Fracture Prevention
Department of Orthopaedics and Traumatology,
The Chinese University of Hong Kong

Themes: Partnership through Multi-disciplinary Collaborations
An Introduction to Geriatric-orthopaedics

Public Event: Talk on Fall and Fracture Prevention

Date: Sept. 10, 2010

Venue: Cultural Activities Hall, Sha Tin Town Hall, Shatin

Objectives: A program opens to the public. The elderly is most welcome to participate. Educational talks on musculoskeletal health and fall and fracture prevention will be delivered to the participants. There will also be on-site health and bone density measurement.

Target participants: The elderly in the community

Time	Content	Speaker
2:30 – 2:45	Introduction	
2:45 – 3:15	Drama on bone health	Women Volunteers
3:15 – 4:30	Fall Prevention Talk: <ul style="list-style-type: none">- Epidemiology of fall and fracture in elderly- Causes and Consequences of osteoporosis- Exercise for osteoporosis prevention- Home environmental hazard and modification- Introduction of the updated research products- Interactive exercises- Q&A	Prof. KS Leung YY Wong Winnie Mak Winnie Mak
4:30 – 5:00	Demonstration on Tai Chi exercise	Elderly Volunteers

* Registration is required. Please register at community elderly centre.