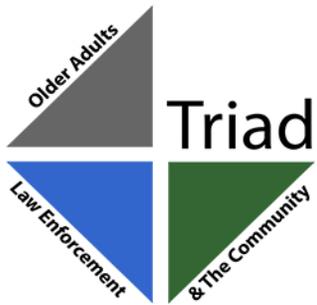




# Falls Prevention Resources



## Ashley Hillman Safe Communities

**Wednesday, March 11, 10:00 AM**

Ashley will guide us on a tour of the resources available to help us build our resilience to falls as we age. She is currently the Director of Program Partnerships at Safe Communities, and in her 10 years with the organization, she has worked with numerous community partners. She helps facilitate and support the Falls Free Dane coalition and is also involved in Safe Communities' work around suicide prevention and drug harm reduction and recovery. Helping support our local efforts to keep older adults safe, healthy, and independent is extremely important to Ashley. We are all aging and increasing our resilience to prevent or respond to a fall can be life changing.

**Email [TriadEvents@rsvpdane.org](mailto:TriadEvents@rsvpdane.org) for the Zoom link.**



**BROOKDALE**  
SENIOR LIVING



Triad brings together older adults, law enforcement and the community at-large to promote safety and reduce the fear of crime. Providing vital information about personal safety and crime prevention is key to our mission. We invite you to become an active participant in Triad activities. Volunteers are a key element in our success. To get involved, email Mike Thomsen at [mthomsen@rsvpdane.org](mailto:mthomsen@rsvpdane.org) or call (608) 441-7897.