

Fall Prevention & Safety at Home



MAY 6, 2025 at 1 PM

Falls can cause traumatic brain injury, fractures, and unintentional death in older adults. This interactive presentation by a licensed physical therapist & fall prevention specialist addresses common causes of falls in the home, simple changes to reduce risks, and exercises for strength and stability.

Event Location:

Palos Heights Public Library
12501 S. 71st St., Palos Heights

Our Speaker:

Rick Bloomberg, PT, COPT, MBA, Director of Rehab at ATI Physical Therapy, Hazel Crest. Rick is a Certified Orthopedic Physical Therapist and graduate of Marquette University. In his 31 years as a PT, he has worked with a variety of patients, including treating for balance, neurological, pre and post-op care and musculoskeletal pain. He is a fall prevention specialist and has a strong background in Stroke, neuro, Parkinson's patients and Limb Loss patients.



REGISTRATION REQUIRED.
Contact Palos Heights Public Library at 708.448.1473



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Pathlights guides people along the path to aging in South Southwest Suburban Cook County.

Call 708.361.0219
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