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Subject: You have the power to prevent falls

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## You have the power to prevent falls

Sept. 22 is Falls Prevention Awareness Day, sponsored by NCOA's Falls Free® Initiative. You have the power to spread the word about safety! Join us @ 1 p.m. ET for a Facebook Live home safety walk-through and share our videos, fact sheets, and more.

[Get involved](#)

*Sept. 20, 2016*

### 3 reasons to love Senior Center Month

Learn 3 reasons why you should be celebrating the history and value of senior centers and sharing your stories this September!

[Read our blog](#)

### Congress to vote on short-term funding plan

With individual appropriations bills providing funding for FY17 that starts Oct. 1 stalled, lawmakers in Congress are poised to move a short-term bill to fund the government through the election and up to Dec. 9. The goal is to pass the continuing resolution by the end of the week, and cut short the current legislative session, allowing members to return home to campaign. The measure would keep funding for most programs level.

[Review what's at stake](#)

# CDC report: 31 million adults aged 50+ are inactive

A new study by the Centers for Disease Control and Prevention (CDC) reports that nearly 30% of older adults are physically inactive. Although physical activity has health benefits for people of all ages, many older adults report no physical activity outside of work in the past month.

[Download the report](#)

## Coming up...

- **Building upon Senior Center Strengths: 10 Steps for Sustainable Growth:** Hear practical steps for senior centers to succeed. *Sept. 22 @ 1:30 p.m. ET*
- **Suicide Prevention Among Older Adults:** Learn the risk factors for suicide among older adults and how evidence-based programs can help. *Sept. 29 @ 3:30 p.m. ET*
- **Successful Practices for Cross-Promoting CDSME and Falls Prevention Programs:** Discover how to cross-promote these programs by leveraging statewide partnerships. *Oct. 18 @ 3 p.m. ET*

## Did you miss this?

- **Medicare Part D costs in 2017:** See costs for prescription drug plans and the Part D donut hole.
- **Flu + You:** Flu season is here, and we have everything you need to educate adults 65 years of age and older on how they can help maintain their health.
- **SNAP at the Farmers Market:** Learn how it works in our latest video.

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