



SAN MATEO COUNTY HEALTH
**AGING & ADULT
SERVICES**



Dignity Health™
Sequoia Hospital

Fall Prevention Coalition of San Mateo County Meeting

Meeting Date and Time January 16, 2025, 1:00 – 2:00 PM

Call-in number: 669-900-6833, Meeting ID: 859 8991 5502

Virtual Meeting: Please hit Ctrl and click [here](#) to join.

1:00-1:05: Welcome

1:05-1:50: Presentation: A Journey Through Everyday Fall Hazards

Presentation Overview: Come along with me on a trip (no pun intended) to explore a variety of activities of everyday living that could have a fall awaiting on the other end. There will be a slide show and a vibrant discussion about common fall hazards that are often just below our radar.

Presenter: Janel Jurosky MSN, RN, PHN
Community Health Nurse & Educator
Dignity Health Sequoia Hospital Health & Wellness Center

Presenter Bio: “I have spent the last 16 years of my nursing career in community health nursing and education. I am passionate about offering evidence-based health promotion programs. I believe in collaborative, person-centered learning with the goal of providing knowledge that empowers the individual and communities to make small, but steady, prevention-based change.”

1:50-2:00: Social Time: Group Discussion, Announcements and Updates.

Next Meeting: April 17, 2025 | 1:00-2:00 pm via Zoom