

Falls Prevention Information Session and Mobile Clinic

Led by Pinecrest-Queensway Community Health Centre (PQCHC), the Falls Prevention Mobile Clinic program aims to bring **information**, **screening**, and **personalized recommendations** about fall prevention to older adults across Ottawa.

Information Session: **Tuesday, May 12, 2026**

1 pm to 3 pm

Carp Public Library, 3911 Carp Road

Mobile Clinic: **Tuesday, May 26, 2026**

9 am to 3:30 pm

Carp Memorial Hall, 3739 Carp Road

What to expect at the **information session**:

- A **2-hour presentation** to learn about why people fall, why it is important to prevent falls, and general tips to reduce your risks of falling

What to expect at the **mobile clinic**:

- **Five 15-minute consultations with different clinicians** (nurse practitioner or pharmacist, registered nurse, physiotherapist, occupational therapist, rehabilitation assistant)
- You will be provided **individualized recommendations to help reduce your risk of falls**
- Appointments are about **2 hours long**

You are eligible for the mobile clinic if:

- You are **60 years of age or older**
- You are interested in learning about fall risks, how to reduce your risks, and are able to take action to help reduce falls

Contact Faith to book your mobile clinic appointment:

f.johnston@pqchc.com or **613-820-4922 ext. 3560**



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