

Thanks For Your Support!



With your contribution of \$100 or more receive a coupon for a movie rental and a bag of popcorn for that perfect night at home!



Greater Omaha Chapter

I/We will support the National Safety Council and the FIRST Program by staying at home and making the following contribution:

- \$150 - I'm not coming!
- \$300 - We're not coming!
- \$1,500 - I will ask all my neighbors and friends not to come!
- \$3,000 - No one I know is coming!
- I can't make it but would like to contribute to FIRST \$ _____ (any amount appreciated)

Total number of people not attending _____ Total enclosed _____

Name: _____

Address: _____

City/State/Zip _____

Phone _____ Email: _____

Credit Card: Visa MasterCard American Express Discover Expiration Date: _____

Credit Card Number: _____

Name as it Appears on Card: _____

Cardholder's Signature: _____

Your gift will provide...

- **Support** for the continuing development of the Older Adult Fall Prevention Collaboration, over 70 organizations striving to reduce falls among the 74,000 plus older adults in the greater Omaha area.
- **Scholarships** for Omaha area trainers in Movement Improvement Tai Chi. Tai Chi is proven to reduce falls among seniors by nearly 50%.
- **Trainer Development** for "Matter of Balance", a program to reduce the fear of falling and improve activity levels for community-dwelling older adults.
- **Distribution** of "Simple Changes to Keep You Safe Wherever You Live," a home safety DVD.
- **Programs for Seniors** in Medication Management and distribution of the "Medication Management Helps Prevent Falls! How-to Guide and Medication Tracker."
- **Distribution** of Fall Prevention Tool Kits..



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402-896-0454
www.SafeNebraska.org

Request your free Home Safety and Modifications DVD and/or Fall Prevention Tool Kit with balance self test, medication tracker, home safety checklist, loaner resources, and access to other resources on the internet.

Call today, 402-896-0454.