



Blindness and Low Vision Support Group: March 18, 2026

Balance & Fall Prevention

This March Meeting:

Join us for an informative session on understanding balance and reducing fall risk.

Date: Wednesday, March 18, 2026

Time: 3:30 PM to 5:00 PM

Format: In-person with a virtual component

Guest Speaker: Michelle Naito, PT

- CPMC Outpatient Rehabilitation Department
- Michelle has been a physical therapist for over 20 years and works primarily with patients experiencing orthopedic conditions.

[Zoom Link](#)

What We'll Cover:

- The role of physical therapy in improving balance and preventing falls

- Common risk factors and statistics related to falls
- How clinicians identify individuals at higher risk for falling
- The key systems involved in balance, including vision, proprioception, and the vestibular system
- Simple, practical balance exercises you can try

This presentation will include a short introduction, a few visual slides, and general exercises designed to support better balance.

What to Wear:

Participants are encouraged to wear comfortable clothing that allows for light movement during simple balance exercises.

Support Group Website

Smith-Kettlewell Eye Research Insti | Smith-Kettlewell Institute 2318 Fillmore Street | San Francisco, CA 94115 US

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