

Let's Get Physical!

Getting & Staying Active to Prevent Falls

September 7, from 2:00-3:30 p.m. via Zoom



Register online at
www.adrc-cw.org/falls/
or call 888-486-9545.

Register for online access until September 6.

Join us to:

- Learn about local and home-based exercises to improve strength and balance.
- See demonstrations of exercises proven to help prevent falls.
- Learn about Medicare options that include gym memberships or fitness program benefits.

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