



save
the
date

Date(s): Tuesdays & Fridays
Sept. 12 - Dec. 1, 2017

Time: 9:30-10:30 am
Higher Exercise Intensity
10:45-11:45 am
Regular Exercise Intensity

Location: North Lanark CHC



This 12-week program is designed to reduce the frequency and/or severity of falls in seniors.

Falls Prevention for Seniors



Through exercise and education, this program will help you:

- ◆ Learn about the factors that can affect your balance and your risk of falling,
- ◆ Learn exercises that will help you strengthen the muscles to help prevent falls,
- ◆ Improve your balance and coordination, and
- ◆ Take steps to make your home more “falls proof”.

For more information or to register, Sarah would be happy to hear from you at 613-259-2812, or 1-866-762-0496, #2435



North Lanark Community Health Centre

A part of Lanark Renfrew Health and Community Services
www.northlanarkchc.on.ca



Hey, it's *Free!*

Ontario's Community Health Centres
where **Every One Matters**