

Stand up to falls in the comfort of home!

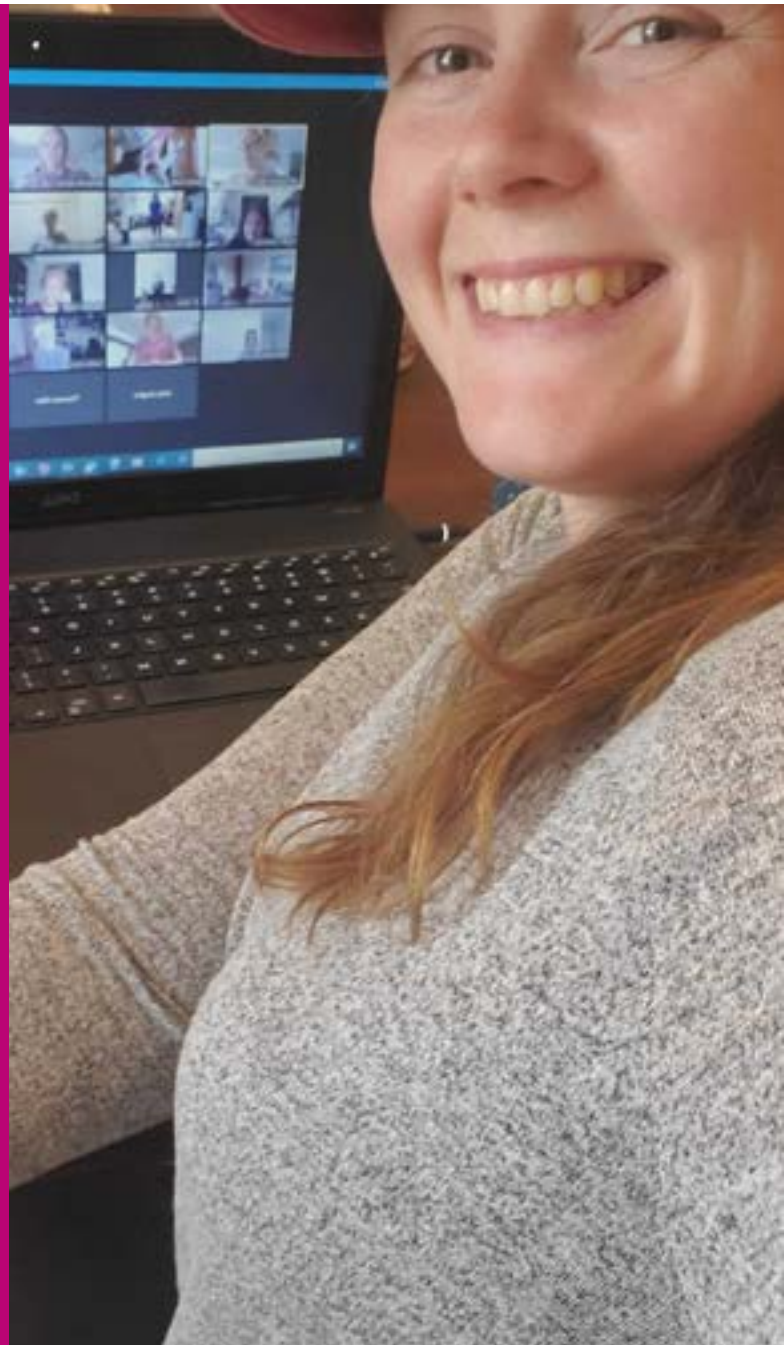
Join our Virtual Falls Prevention Sessions!

Join our Zoom sessions live with our Registered Kinesiologists! No registration required - simply click the link to join us!

**Tuesdays and Thursdays at 1:00 p.m.
Begins August 18, 2020**

August 18 | Chronic Illness
August 20 | Muscle and Bone Health
August 25 | Blood Pressure
August 27 | Vision and Hearing
September 01 | Those Darn Feet
September 03 | Sleep and Mental Health
September 08 | Medication Use
September 10 | Home Safety
September 15 | Mobility Aids
September 17 | Nutrition
September 22 | Balance and Arthritis
September 24 | How To Get Up From A Fall

[Follow this link to join us!](#)



**Community
Support
Connections**

Caring for our community at home.
519-772-8787

Falls Prevention

