

Stand up to falls in the comfort of home!

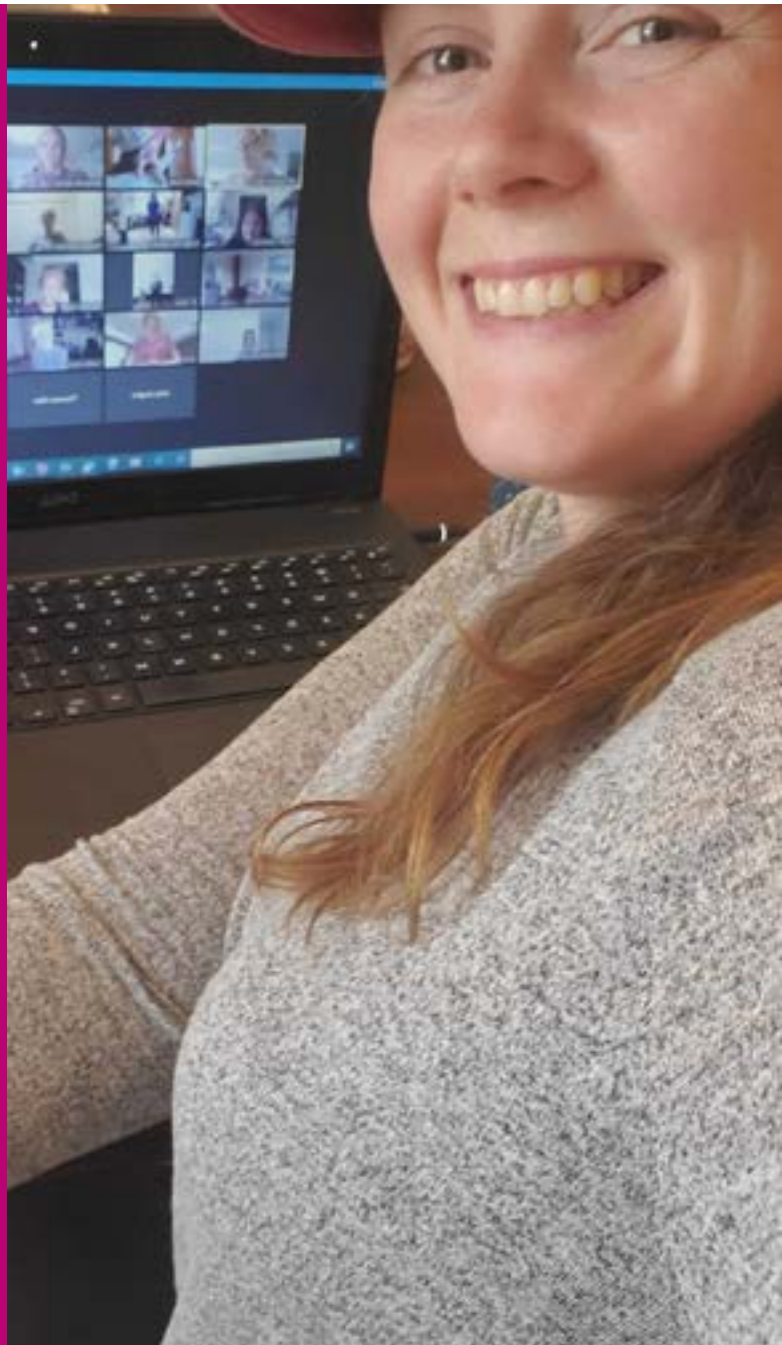
Join our Virtual Falls Prevention Sessions!

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 October 13, 2020**

October 13 | Chronic Illness
October 15 | Muscle and Bone Health
October 20 | Blood Pressure
October 22 | Vision and Hearing
October 27 | Those Darn Feet
October 29 | Sleep and Mental Health
November 03 | Medication Use
November 05 | Home Safety
November 10 | Mobility Aids
November 12 | Nutrition
November 17 | Balance and Arthritis
November 19 | 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

