

Stand up to falls in the comfort of home!

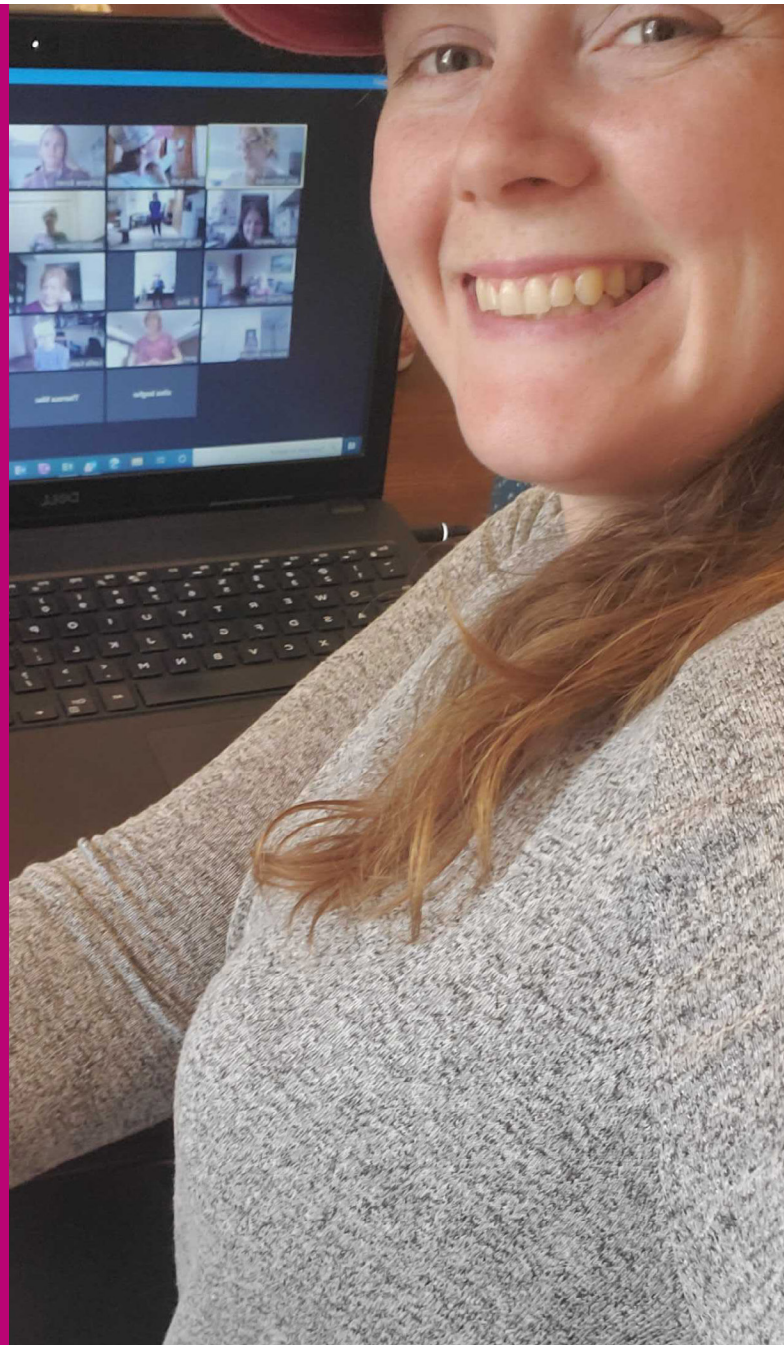
Join our Virtual Falls Prevention Sessions!

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 July 20, 2021**

July 20 | Chronic Illness
July 22 | Muscle and Bone Health
July 27 | Blood Pressure
July 29 | Vision and Hearing
August 03 | Those Darn Feet
August 05 | Sleep and Mental Health
August 10 | Medication Use
August 12 | Home Safety
August 17 | Mobility Aids
August 19 | Nutrition
August 24 | Balance and Arthritis
August 26 | 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

