

## Join our **FREE** Fall Prevention Sessions

Monday	Tuesday	Wednesday	Thursday	Friday
8	9	10	11	12 11:45 AM <b>Chandler Mowat Community Centre</b> 222 Chandler Drive, Kitchener African/Black Community of Waterloo Region <b>Women only</b>
15	16	17	18 2:15 PM Virtual Fall Prevention seminar: <b>COGNITIVE DISORDERS</b> <a href="https://us06web.zoom.us/j/85053570837">https:// us06web.zoom. us/j/85053570837</a>	19 11:45 AM <b>Chandler Mowat Community Centre</b> 222 Chandler Drive, Kitchener African/Black Community of Waterloo Region <b>Women only</b>
22	23 10:45 AM <b>Calvin Presbyterian Church</b> 248 Westmount Road East, Kitchener	24	25 10:45 AM <b>Calvin Presbyterian Church</b> 248 Westmount Road East, Kitchener	26 11:45 AM <b>Chandler Mowat Community Centre</b> 222 Chandler Drive, Kitchener African/Black Community of Waterloo Region <b>Women only</b>

## Join our **FREE** Fall Prevention Sessions

Monday

29

Tuesday

30

10:45 AM

**Calvin Presbyterian  
Church**

248 Westmount Road  
East, Kitchener

Wednesday

31

1:00 pm

**CSC Services:** learn  
more about the  
programs we offer!

[https://  
us06web.zoom.  
us/j/83009608500](https://us06web.zoom.us/j/83009608500)

Thursday

Friday