



Topics Included

Chronic Illnesses
Muscle and Bone Health
Blood Pressure
Balance, Vision and Hearing
Feet and Footwear
Brain Health and Sleep (Cognitive Disorders)
Medication Use
Home, Environment Safety and Mobility Aids
Nutrition: Labels and the Food Guide
Nutrition: Protein, Fats and Sugar
Arthritis
How to Get Up from a Fall

Stand Up To Falls

Join our virtual or in-person fall prevention sessions.
Virtual Zoom sessions are live with our Registered Kinesiologist.

No registration required.

Join us **every Thursday** starting **October 5 at 2:15 PM**

Click here to join:

<https://us06web.zoom.us/j/88030545952>

Need help? Email us at physicalhealth@cscmow.org

Caring for our community at home.

519-772-8787

