FACTS AND CHAT

Falls Prevention Seminar

Presented by Tina Giancarlo

Occupational Therapist, Rapids Family Health Team

Wednesday November 2, 2022

10:00 AM

Strangway Centre, 260 East St. N, Sarnia

Cost: Free

- Gain an understanding of risk factors for falls
- Create a plan to reduce the risk of falls including home safety recommendations,
- Learn how to improve balance
- Find resources in our community.

Registration is required.

Please call the Strangway Centre to reserve your spot:

519-332-0656