

GLORIA J. PARKS COMMUNITY CENTER

Presents

Falls & Fracture Prevention Series

Thursday September 27th
12:30 PM – 2:30 PM

Enjoy a quick
Workout with
Senior Services
Commissioner,
Timothy
Hogues &
Mr.Fitness!



How you can
Prevent a
Fall



FALL RISK

How can you prevent a fall?

Learn from experts.

FREE - bone density testing.

FREE - balance testing.

FREE - Individual (private) medications

review. (Must Sign Up for all testing prior to event with Phyllis 832-1010 ext.206)