

Erie County Senior Services **FREE FALLS PREVENTION SEMINAR**



Presentation on nutrition, exercise, home hazards, vestibular system and balance.

There will also be free bone density and balance testing.

DATE: Thursday, March 12th

TIME: 9am – 1pm

LOCATION: St. Joseph Hospital, 2625 Harlem Road, Cheektowaga

REGISTER: Contact Michele Williams at 716-891-2657

Light refreshments will be provided.

In conjunction with:

