

Erie County Senior Services FREE VIRTUAL FALLS PREVENTION SEMINAR



STAY ON YOUR FEET

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PLEASE JOIN US FOR PRESENTATIONS ON
HOME SAFETY -TRAUMA NURSE BETH MOSES
VESTIBULAR SYSTEM- PHYSICAL THERAPIST DAVID MAY
EXERCISE- FITNESS COORDINATOR ERIE COUNTY SENIOR SERVICES RICHARD DERWALD
MEDICATION AND FALLS –PHARMACIST NEIGHBORHOOD HEALTH ANTHONY PIETRZAK
MATTER OF BALANCE CLASS- ERIE COUNTY SENIOR SERVICES JULIE RUSZALA
FALLS PREVENTION TIP OF DAY- BLUE CROSS BLUE SHIELD DOREEN RUSSO
INTRODUCTIONS – WELLNESS INSTITUTE OF GREATER BUFFALO PHIL HABERSTRO

DATES : MONDAY SEPTEMBER 21ST-FRIDAY SEPTEMBER 25TH

TIME: 10:00AM

TO REGISTER: CONTACT JULIE RUSZALA ERIE COUNTY SENIOR SERVICES 716-858-6403.

