

Fall Prevention Seminar

✦ Tips and tricks to keep you on your feet

Free for everyone



January 12, 2026
10:00 AM to 12:00 PM

Seneca-Babcock Community Center

1168 Seneca St.
Buffalo 14210



Learn home safety to prevent falling



Learn exercise to prevent falling



Personalized Guidance



Interactive Workshops

Talk with the front desk to sign up

Have Questions?



Call us for more info
176-822-4532



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