

Fall Prevention Seminar

✦ Tips and tricks to keep you on your feet

Free for everyone



January 29, 2026
11:00 AM to 1:00 PM

William-Emslie Community Center

585 William St.
Buffalo 14206



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
176-845-5440



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Jennifer.chowdhury@erie.gov