

Fall Prevention Seminar

✦ Tips and tricks to keep you on your feet

Free for everyone



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

Independent Health YMCA

150 Tech Dr.
Amherst NY 14221



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
716-845-5440



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