

# 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**



**Talk with the front desk to sign up**



**Learn home safety to prevent falling**



**Learn exercise to prevent falling**



**Personalized Guidance**



**Interactive Workshops**

**Have Questions?**



Call us for more info  
**716-845-5440**



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