

# Fall Prevention Seminar

✦ Tips and tricks to keep you on your feet

Free for everyone



April 15, 2026  
10:00 AM to 12:00 PM

Boston Senior Citizen Center

8500 Boston State Rd, Boston 14025



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  
**716-941-5773**



[Erie.gov/aging](http://Erie.gov/aging)



[Jennifer.chowdhury@erie.gov](mailto:Jennifer.chowdhury@erie.gov)