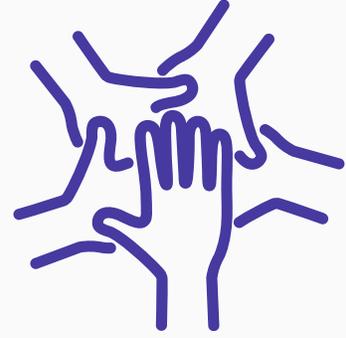




ELIMINATING FALL-TY HABITS TOGETHER!



# A MATTER OF BALANCE

## A falls prevention class

Every Monday - Starting on  
March 16 to May 4

10:00Am-12:00pm

at Seneca Babcock Community Center  
1168 Seneca St. Buffalo NY- 14210

Join us to learn about tools to stay  
safe, confident, and independent.

**BOOK YOUR SPOT NOW**

Contact front Desk  
716-822-4532

Program brought to you by:  
Erie County Department for the Aging  
716-858-8526  
Erie.gov/aging  
Jennifer.chowdhury@erie.gov