

Fall Prevention Seminar

✦ Tips and tricks to keep you on your feet

Free for everyone



May 13, 2026

1:00 PM to 3:00 PM

William-Emslie Community Center

585 William St.
Buffalo 14206



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



erie.gov/aging



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