



ELIMINATING FALL-TY HABITS TOGETHER!



A MATTER OF BALANCE

A falls prevention class

Every Monday
Starting Date: August 3rd (Once a week for 8 weeks)

End date: September 28th

9:30Am -11:30Am

***Alden Community Center
13116 W Main St.
Alden NY 14004***

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

BOOK YOUR SPOT NOW

Contact front Desk
716-937-7393

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