

Fall Prevention Seminar

✦ Tips and tricks to keep you on your feet

Free for everyone



July 22nd 2026
1:00 PM to 3:00 PM

Buffalo Federation of
neighborhood centers (BFNC)

419 Monroe St
Buffalo NY- 14212



Learn home safety to prevent falling



Learn exercise to prevent falling



Personalized Guidance



Interactive Workshops

Talk with the front
desk to sign up

Have Questions?



Call us for more info
716-852-5065



Erie.gov/aging



Jennifer.chowdhury@erie.gov