

Fall Prevention Seminar

✦ Tips and tricks to keep you on your feet

Free for everyone



August 10th, 2026
10:00 AM to 12:00 PM

Amherst Senior Center

370 John James
Audubon PKWY
Amherst NY 14228



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
716-636-3050



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