

Fall Prevention Seminar

✦ Tips and tricks to keep you on your feet

Free for everyone



July 15 2026
10:30 AM to 12:30 PM

Town of Hamburg Youth,
Recreation, & Senior Services
Senior Programming

4041 Southwestern Blvd
Orchard Park, NY 14127
Building 4



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
716-646-5145



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