

Fall Prevention Seminar

✦ Tips and tricks to keep you on your feet

Free for everyone



September 24th , 2026

10:30 AM to 12:30 PM

Lackawanna Senior Center

230 Martin Rd
Lackawanna NY 14218



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
716-827-6669



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