

Fall Prevention Awareness Seminar

✦ Tips and tricks to keep you on your feet

Free for everyone



September 23rd, 2026

Wednesday 1:00 PM-4:00 PM

Cheektowaga Senior Citizen Center

3349 Broadway

Cheektowaga NY 14227



Talk with the front desk to sign up or call to the number



Learn home safety to prevent falling



Learn exercise to prevent falling



Learn how to get up if you fall



Interactive Workshops

Call to RSVP :



716-686-3930



[Erie.gov/aging](https://erie.gov/aging)



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