

Fall Prevention Awareness Seminar

✦ Tips and tricks to keep you on your feet

Free for everyone



October 27th 2026

Tuesday 1:00 PM-3:00 PM

Lancaster Senior Center

100 Ocford Ave

Lancaster NY 14086



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 :



716-685-3498



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



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