

Fall Prevention



Tips and tricks to keep you on
your feet

A collaboration with University Express

October 14th 2026

Wednesday

1:00 PM to 3:00 PM

Orchard Park Senior Center

**4520 California Rd.
Buffalo, NY 14127**



**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
716-662-6452



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