Fall Prevention Awareness Seminar

Tips and tricks to keep you on your feet

Free for everyone

December 9th, 2026

Wednesday 1:00 PM-3:30 PM

Cheektowaga Senior Citizen Center

3349 Broadway
Cheektowaga NY 14227



- **Learn home safety to prevent falling**
- **Learn exercise to prevent falling**
- **Learn how to get up if you fall**
- **Interactive Workshops**

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

Call to RSVP :

716-686-3930

Erie.gov/aging

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