

FALLS PREVENTION WEEK

SEPTEMBER 21-25

**FALLING IS NOT
A NORMAL
PART OF AGING**

23 – 2 PM

Fall Hazard
Check List

21 – 2 PM

LEAF PRESSING CLASS

Because leaves are
supposed to fall, not
people

25 – 2 PM

Pumpkin Spice
Latte Recipe –
Low Calorie & Low
Carb

22 – 2 PM

Falls Prevention
Presentation

Contact Kari Pohar at
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register!

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