



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



# FALL PREVENTION

This class is for aging adults, caregivers and family members. Learn about the factors that affect your fall risk as you age and how you can prevent falls.

**WEDNESDAY, May 29, 2019 12:00p-1:00p**

**@ THE ASHLAND FAMILY YMCA**

**FREE & OPEN TO THE COMMUNITY**  
**space is limited, pre-registration is required**

This class is sponsored and presented by Ashland Fire & Rescue, Asante and Ashland Family YMCA.