

Bay View Network for Elders

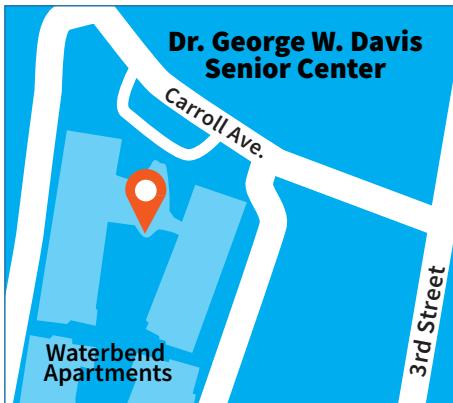
Free
Workshop



HOLISTIC FALL PREVENTION

Tuesday, Sept. 10, 2019 12–2pm

At Dr. George W. Davis Senior Center



1751 Carroll Avenue
San Francisco

Contact: Estelle Schneider, (415) 821-1003, ext. 108,
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As we age, changes in balance, vision, muscle strength, posture, and flexibility put us at risk for falls. The good news is there is a lot we can do to prevent mishaps!

Learn simple measures and exercises to reduce fall risk. Find out how you, your family, and community can prevent falls. Let's work together to change this situation!

Light refreshments provided.



Estelle Schneider is the new CLC Director of Community Learning and Empowerment. She is a physical therapist and holistic health educator. She is looking forward to getting to know all the neighborhood networks!!



Cultivating connections to help seniors and people with disabilities age and thrive at home
www.SFcommunityliving.org



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