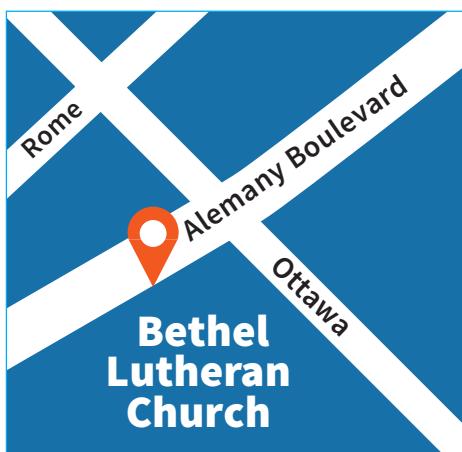




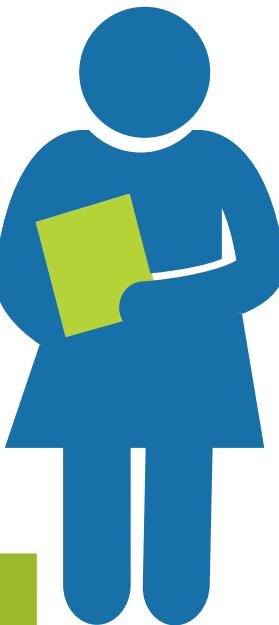
# HOLISTIC FALL PREVENTION

**Wed., August 28, 2019  
11:00am**



**MEET AT  
BETHEL CHURCH**  
2525 Alemany  
at Ottawa,  
SF 94112

**Contact:** Patti Spaniak at 415-821-1003, ext. 106  
Email: [patti@cayugaconnectors.org](mailto:patti@cayugaconnectors.org)



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*  
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