SUNNYSIDE COMMUNITY CONNECTORS

HOLISTIC FALL PREVENTION

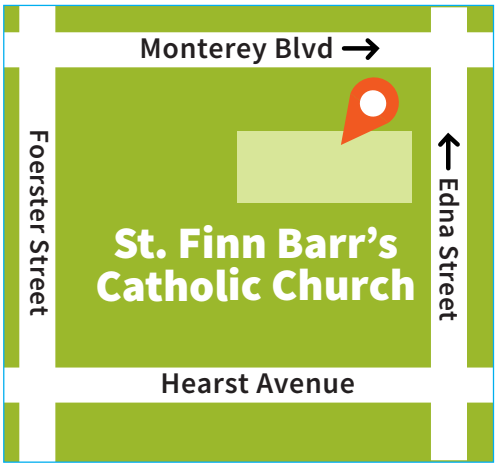
Wed., August 21, 2019
10:30am

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!!*



Meet at St. Finn Barr's Catholic Church

415 Edna Street,
San Francisco
CA 94112

Contact: Patti Spaniak at 415-821-1003 ext. 106
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COMMUNITY LIVING CAMPAIGN

Cultivating connections to help seniors and people with disabilities age and thrive at home

www.SFcommunityliving.org

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