

Celebrating Falls Prevention Month

Learn how to reduce and prevent falls

PROGRAM	DATES	TIMES	LOCATION	REGISTR. DEADLINE
Better Balance Demo Day	Tues, Sept 10	10-11am	Seymour Center 919-968-2070	none
You're on the Floor, Now What?	Tue, Sept 17	10:30 - 11:30am	Seymour Center 919-968-2070	none
Falls Prevention Bingo	Fri, Sept 20	10-11am	Passmore Center 919-245-2015	Mon, Sept 19
Falls Prevention Bingo and Falls Safety Presentation	Tue, Sept 24	10 - 12pm	Cedar Grove CC 919-245-2640	Mon, Sept 23
Falls Prevention Bingo	Wed, Sept 25	10-11am	Efland Cheeks CC 919-563-1130	Tue, Sept 24
Free Community Health Clinic	Thur, Sept 26	10 - 12pm	Passmore Center 919-245-2015	Tue, Sept 24



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