

LEAVES MUST FALL, BUT SENIORS DON'T NEED TO!

FALLS PREVENTION FAIR

Falls are NOT a normal part of aging! Get ready for a day of fun, and enjoy a wide range of activities that will inspire and challenge you to prevent falls and help you live without fear of falling.

**FREE
EVENT!**



**FREE LUNCH
TO FIRST 100
ATTENDEES!**

**WEDNESDAY, SEPTEMBER 20
10:00AM-1:00PM**

VANCE-GRANVILLE COMMUNITY COLLEGE CIVIC CENTER

FREE PRESCRIPTION SCREENINGS • OCCUPATIONAL & PHYSICAL THERAPISTS ONSITE
• BRING YOUR CANE OR WALKER TO GET THEM INSPECTED FOR SAFETY • FREE
PRIZES, DRAWINGS, & SWAG • BINGOCIZE & TAI CHI FOR ARTHRITIS
DEMONSTRATIONS • BALANCE & STRENGTH EXERCISES •
RESOURCE VENDORS & SO MUCH MORE!

FEATURING:

**FALLS PREVENTION IDOL
COMPETITION**