



## Seniors' Fall Prevention Program FREE 12 Week Program

Innovative educational component including balance & strength exercises

**Registration Class:** Wednesday January 4<sup>th</sup> 2017

**Classes Begin:** Wednesday January 11<sup>th</sup> 201

### **Class Times:**

Wednesday and Friday

2:30pm- 3:30pm

### **Where:**

QSWC

Aerobics Studio



### ***Did you know??***

*Falls account for 85% of all injuries resulting in hospitalizations among those aged 65 and older.*

*Falls can take away your independence and seriously affect your health.*

*1 in 3 seniors experience a fall at least once per year*

**For more information and to register please call:**

**613-392-4181 ext 5381**



***In Partnership with Belleville's 50+ Centre***