

# FALL PREVENTION CLASSES



## THIS YEAR 1 IN 4 SENIORS

will experience a fall. This FREE five-week class series is designed to help seniors stay independent and prevent falls through exercise and discussion about fall risks.

Wednesdays  
Sept 15- Oct 13  
10:00a-11:00a

Board Room  
Old Grammar School  
1350 Main St  
Cambria

FOR MORE INFORMATION  
CONTACT

**Cambria Community  
Healthcare District**  
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**STAY ACTIVE. IMPROVE SAFETY. PREVENT FALLS.**