



Please join us for a **FREE** presentation:

Fall Prevention in our Quiet Corner!

- ❖ Learn how to identify your personal risk factors for a fall.
- ❖ Learn self-help strategies to reduce your risk of falling.
- ❖ Learn how to get the help you need to stay **Independent!**

Presented by the Hampton Seniors Club

Program Date: Monday, October 20th, 10:00am – 11:00am

Location: Hampton Town Hall

Please sign-up soon, space is limited!

Email (preferred) or call Fran to register:

Hamptonseniors01@gmail.com

860-933-2212

***This informative program will help you stay
Safe & Independent!***

Support provided by Senior Resources Agency on Aging with Title III funds
made available under the Older Americans Act.

