

# **FREE Falls Prevention/Balance Program for Seniors**

Classes are 4 weeks long, include one hour of education and four one hour exercise sessions, with physiotherapist Michelle Nadon.

The classes are held at The Baptist Church for accessibility.

Maximum 12 participants per class, 3 cohorts.

## **Upcoming dates:**

**May 8<sup>th</sup> Cohort #1**

**June 5<sup>th</sup> Cohort #2**

**October 9<sup>th</sup> Cohort #3**

**Register by emailing:**

[denise.devlin@greenwoodseldercare.org](mailto:denise.devlin@greenwoodseldercare.org)

Or phoning 250-537-5520 ext.#6