

Free Falls Prevention Clinic

The **Falls Prevention Clinic** is a free 15-min. screening that will assess what may be putting you at risk for falls, followed by a 30 min. consultation that will educate you on how to reduce your risk of falling and connect you to community programs and health services.

You will receive a plan to lower your risk of falling.

YOU SHOULD COME TO A CLINIC IF:

- ☒ You are 60 years of age or older
- ☒ Want to remain independent
- ☒ Have had a fall or a near fall
- ☒ Have a fear of falling
- ☒ Want to maintain or improve balance

NEXT CLINIC

Thurs. November 7, 2019

Golden Age Club

12420 Lanoue St.

Tecumseh, ON N8N3A5

9am-12noon

**** All participants will be entered into a draw for a gift card door prize! ****



To register contact:

519-997-2823 ext. 417

PreventFalls@wechc.org

www.wechc.org

Supported by:
Avec l'appui de :

