

Free Fall Prevention Clinic

The **Fall Prevention Clinic** is a free screening that will assess what may be putting you at risk, educate you on how to reduce your risk and connect you to community programs and health services.

Following your visit, 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

To register contact:

519-997-2823 ext. 417

PreventFalls@wechc.org

NEXT CLINIC DATE:

Fri. Aug. 10, 2018

Golden Age Club

12420 Lanoue St.

Tecumseh, ON N8N 3A5

9am-12pm

