

LISTEN AND LEARN



Fall Prevention Seminar

Monday, January 22, 2018

10:30 a.m. Room 5

Fall prevention may not seem like a lively topic, but it's important. As you get older, physical changes and health conditions — and sometimes the medications used to treat those conditions — make falls more likely. In fact, falls are a leading cause of injury among older adults. Still, fear of falling doesn't need to rule your life. Come and learn some valuable tips to help prevent falls.

To reserve a seat please register in the Eton Senior Recreation Office.

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Dearborn Heights

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A Dearborn Heights Senior Citizen Program, Ages 55 & over