



Join us for an Informative Session on Preventing Falls!

Date: May 17th, 2024 | **Time:** 2:00pm to 3:00pm | **Location:** Stouffville Creek Retirement Residence

Seminar Highlights:

- Understanding the factors contributing to falls
- Tips for creating a safe home environment
- Exercises to improve balance and strength
- Strategies for getting up from a fall

Our expert speaker, Cecilia Chang, Physiotherapist at Oak Valley Health, will lead the discussion and provide practical advice tailored to your needs. Whether you are a proactive individual looking to safeguard yourself or a caregiver interested in protecting your loved ones, the presentation is for you.

There will be a Q & A following the presentation. Together, let's take steps towards a safer, healthier future.

To RSVP, please contact Sangra or Malini at (905) 742-2000

STOUFFVILLE CREEK
RETIREMENT RESIDENCE

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