

LAWRENCE SENIOR CENTER

A MATTER OF BALANCE



MANAGING CONCERNS ABOUT FALLS

“FALL PREVENTION PROGRAM”

With Linda Buckley, Nurse Educator



TIME & DATES:

MONDAYS:

- 10/21
- 11/25
- 10/28
- 12/2
- 11/4
- 12/9
- 11/18
- 12/16

1:00 - 3:00 PM

LOCATION:

LAWRENCE TWP
SENIOR CENTER
30 EAST DARRAH LN,
LAWRENCE TWP, NJ



HEALTH BENEFITS

- IMPROVES BALANCE
- ENHANCES FLEXIBILITY & STRENGTH
- REDUCES FEAR OF FALLING

SIGN UP

- VISIT OR CALL THE SENIOR CENTER AT 609-844-7048
- LAWRENCE RESIDENTS 60+

30 EAST DARRAH LANE, LAWRENCE TWP NJ