



Falls Prevention Workshop

Friday, July 26th, 2019

2:00pm -3:00pm

Learn About:

- What are the impacts of falls?
- What are the risk factors?
- What are the strategies to prevent falls?
- What to do in the event of a fall?
- What are the community resources available?



Speakers:

- Mary Shkoury, Director Client Care at Bedford Medical Alert
- Varsha Jayaraman, Occupational Therapist, GAIN Clinic, SPLC
- Elsa Uy, Health Promotion Team Leader, SPLC

Location: Recreation Room, SPLC

For more information: Call 416-493-3333

Offered by: SPLC Falls Prevention Team

Raffles will be Drawn for
Free Yoga and Tiered Exercise Classes

Older adults, seniors, caregivers, newcomers
& service providers are welcome!