



Fall Prevention Gentle Exercises (via Zoom)

Learn Exercises that You Can Do at Home
And Help Prevent Falls

Featuring:

- Breathing Exercises
- Top Ten Exercises
- Exercises that Improves balance
- Exercise that can be Incorporated in your Daily Activities

Date: Dec 8, 2020 (Tuesday)

Time: 10:00am – 11:00am

To Register: Please Call 416 493 3333

Pre-Registration is Required.

Please register on or before **Nov 23, 2020**

Zoom link will be emailed a day before the event.

**Older Adults, Seniors and Caregivers are
Welcome!**

