



## Fall Prevention Exercises (4 sessions)

### Learn Exercises that You Can Do at Home

Fee: \$10.00

Featuring:

- Breathing Exercises
- Top Ten Exercises
- Improving balance and prevent falls
- Incorporating Exercise in your Daily Activities

Dates: August 17, 24, 31 & Sep 7 (Tuesdays)

Time: 10:00 – 10:45pm

Place: SPLC – Recreation Room  
3333 Finch Avenue East, Scarborough

Space Limited Pre-registration Required:  
Please Call 416 – 493 – 3333

Pre-registration Needed.

To Register Call (416) 493-3333

#### Guidelines:

- Complete COVID-19 screening tool on the day of activity.
- Please Wear Comfortable Shoes and Clothing.
- Wear your face mask.
- Seat will be assigned and set up with distance.

