

# Glenville Senior Center Falls Prevention Day

**Thursday  
September 22nd  
9 am—noon**

Learn about ways to prevent falls:

- \* Exercises for balance - Glenville YMCA
  - \* Staying independent - CDPHP
- \* Home safety & modifications - Umbrella
- \* Prescription review - WalMart Pharmacy
- \* Blood Pressure check - Schenectady County
  - \* Pool & Rehab programs - Sunnyview
  - \* Living well - MVP
- \* Medical Alert Service - Ellis Hospital

Refreshments will be provided.  
Free and open to area seniors.

## Falls Prevention Awareness Day

SEPTEMBER 22, 2016

Ready, Steady, Balance:  
Prevent Falls in 2016



## Glenville Senior Center

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