

FALLS PREVENTION MONTH 2023

FREE RISK SCREENING

Windsor Essex Community Health Centre
Centre de santé communautaire de Windsor Essex



- **Are you 60 years of age or older?**
- **Are you concerned about falling?**
- **Did you know falls are not a “normal” part of aging?**
- **Would you like to prevent future falls?**

Please join us: Friday November 10th 12:00PM-3:00PM

Life After Fifty-WEST
635 McEwan Windsor

The Falls Prevention team will provide a free, falls risk assessment to identify possible risks and provide you with a plan to help decrease your future risk of falling.

**Please Call to register:
519.997.2823 ext. 341**



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