

FALL PREVENTION

Turn your **BACK** on Falls!

- Stay in shape and keep healthy
- Adopt safe behaviours
- Adopt your home environment



Are you interested in taking a course to improve your balance and help prevent falls?
Contact **Contactivity Senior Centre** for more



When: March 8th 2018- June 7th 2018

Where: Contactivity Senior Centre

**Contactivity Senior Centre 4695
de Maisonneuve Blvd West.
Westmount, Quebec H3Z1L9
Tel: 514-932-2326
Email: contactivity@bellnet.ca**

