FALLS PREVENTION AWARENESS DAY

Join us for a day filled with FREE informative workshops and activities to help you prevent falls and keep you safe in your home!

\* Yoga poses for improved flexibility

\* Medication Management tips from an expert

\* Tricks to prevent falls from a Physical Therapist

\*Community Paramedic Program introduction from Alameda Fire Department

Alameda Free Library, 1550 Oak Street

Thursday, September 21, 2017 from 10AM-1PM

Sponsored by Alameda Fire Department and Alice Home Care

(formerly Peace of Mind Home Care)

