

REDUCE YOUR RISK OF FALLING

Sponsored By: VNA Community Healthcare

Featured Speaker, Gene Bagnoli, RN, LifeTime Solutions

Join us and learn:



- **Why falls happen**
- **Specific ways to prevent falls**
- **How to safely get up if you do fall**
- **Balance and strength building exercises**

DATES

Tuesday, August 10, 2010

TIME

6 - 7 p.m.

LOCATION

Atwater Library

1720 Foxon Rd., (Route 80), North Branford

REGISTRATION

Call Atwater Library: 203.315.6020

or VNA Community Healthcare: 1.866.474.5230



753 Boston Post Rd.

Guilford, Connecticut 06437

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