

Stay Strong, Live Long

Rachel Hammond, Kinesiologist Presents! Falls Prevention Workshop

*A FREE education class on healthy aging, prevention of chronic illnesses,
and promotion of independent living.*

The Legend of the Fall & Chronic Illnesses

Strong Muscles, Solid Bones & Aches about Arthritis

Keep it in check: Blood Pressure, the Ups and Downs

They Keep on Changing: Vision and Hearing

Those Darn Feet: Peripheral Neuropathy

Your Brain and Exercise & Sleep Disturbance

(Don't) Just Pop a Pill: Medication Use

The World around Us: Home & Environment Safety

Mobility Aids and Assistive Devices

Eat Well, Feel Good: Nutrition for the Ages

Life is a Balancing Act: Building Balance

How to get up from a Fall & Benefits of Exercise

**July 18, 10:30am- 12:00pm in Rockwood –
EWFHT: 175 Alma Street**

**July 25, 10:30am- 12:00pm in Erin –
EWFHT: 6 Thompson Cres, Unit 1**

**August 13, 10:30am- 12:00pm in Rockwood –
EWFHT: 175 Alma Street**

**August 20, 10:30am- 12:00pm in Erin –
EWFHT: 6 Thompson Cres, Unit 1**

To register please call:

Rachel Hammond, R. Kin
VON Falls Prevention
Kinesiologist
(519) 313- 5628

