

# FALLS PREVENTION

**Have you fallen?  
Are you at risk for falls?**

Join us for a **FREE** program focused on balance and mobility.

**IF YOU LIVE IN LIONS MANOR:  
CLASS TAKES PLACE IN MPR 4**

**ALL OTHERS CAN JOIN VIRTUALLY BY ZOOM**

**Tuesdays & Thursdays  
9:00am**

**April 2 – May 21, 2024**

Need more information or wish to sign up for Zoom?

Call us at **(204) 467-2582** or email [si55plus@mymts.net](mailto:si55plus@mymts.net)

