

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
(Call 55 Plus Office to sign up)**

**Tuesdays at 10:00 am
November 5 – December 17**

Need more information or wish to
sign up for Zoom?
Call South Interlake 55 Plus at
204-467-2582 or email
si55plus@mymts.net

