

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 South Interlake 55 Plus Office to sign up)**

Tuesdays at 10:00 am

No Class November 11

**November 4 to December 23, 2025
January 6 to June 30, 2026**

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

