

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

Join us in person (**restrictions permitting**) or virtually for a **FREE** program focused on balance and mobility!

Join us ***Tuesdays & Thursdays***  
at the South Interlake 55 Plus  
374 1<sup>st</sup> Street West (or by Zoom)  
**at 9:00am**

*Transportation is available by request.*

**Start date: September 7<sup>th</sup>, 2021**

This **FREE** program is run through the IERHA for 12 weeks, and does require completion of 2 surveys. As a thank you for completion of the program, we are happy to offer you a 2022 membership to the South Interlake 55 Plus!

Have any questions? Need more information? Call us at

**(204) 467-2582**

or email [si55plus@mymts.net](mailto:si55plus@mymts.net)

