

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 1st Street West (or by Zoom)
at 9:00am

Start date: January 11th, 2022



Have any questions? Need more
information? Call us at

(204) 467-2582

or email si55plus@mymts.net

