

Fall Prevention 101

Florida Department of Health in Sarasota County invites you to this **FREE** workshop!

Wednesday, Feb. 14
10:30 a.m. - Noon

Falls are not inevitable!
The risk can be reduced.

You will learn:

- What can increase the risk of fall
- How to reduce the risk of a fall
- Why your balance isn't what it used to be
- What to do if you're caught in the "Cycle of Fear" of falling

Register now!

To register contact: Kelly Ward
KELLY.WARD@FLHEALTH.GOV

Office: (941)861-2758 | Cell: (941)894-8138



Complete a survey
for a raffle drawing!




Sarasota County

Betty J. Johnson North Sarasota Public Library
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