



Finding Your Balance

Falls Prevention Program 1



Have you had a fall?

Are you afraid of falling?

**Have you stopped doing activities
you love because you are worried
about your balance?**

**Please join us to learn how to
prevent falls and participate in
exercise to build your balance**

Location: Compass Community Health
438 Hughson Street North, Hamilton

Register: Call Maija McKibbon, OT Reg. (Ont.)
(905) 523- 6611 Ext. 3038

12 week program
Thursdays
1:30-3:30 pm

**Alternates with Falls Prevention Program 2
(Staying Balanced)**

Bus Tickets available