

## **WATCH YOUR STEP!**

A Falls Prevention Project sponsored by 411 Seniors Centre. 85% of injury-related hospital admissions of adults over 65 years of age are due to falls. Join us in a community project to raise awareness of the causes of falls, and how to prevent them. Have you retired, or do you have weekday hours available to volunteer this fall? We are seeking volunteers aged 50+ to assist with informal presentations on falls prevention to seniors in our community. We offer : a training program in a friendly atmosphere opportunities to learn and apply new skills a chance to work with others and make a difference For more information please call Joanne at 411 Seniors Centre, 604 684 8171 Ex 227.