

“AGE WELL WITHOUT FALLS”

WHERE:

Locations Vary

Call Carol for more information or to be placed on a waiting list. 920-373-1441

Carol is passionate about Falls Prevention and has worked in this area for 20+ years. She would like to help YOU!

Sponsored By:

Oconto County Commission on Aging

**WHO:
FOR OLDER
MEN AND
WOMEN
WHO WANT
TO STAY IN-
DEPENDENT!**

**LEARN WITH
YOUR PEERS!
2 HOURS/WEEK
FOR 3 WEEKS**

HOW:

SMALL GROUP

**Discussion on
Topics from A to Z
for Prevention of
Falls Both at Home
and Away**

**Simple Balance and
Strength Exercises**

BENEFITS:

**YOU! AND THOSE WHO
CARE ABOUT YOU!**