

Briarcliff Manor Public Library

1 Library Road 941-7072

www.briarcliffmanorlibrary.org

HOW TO PREVENT FALLS

Friday, October 13, 2017 at 11:00 am



According to the National Council on Aging, falls are the leading cause of fatal and non-fatal injuries for older Americans. Falls threaten older adults' safety and independence and generate enormous economic and personal costs. Joseph Rendina, CEO of Iron Health and a certified physical therapist will present important information on improving balance, why falls occur and how to prevent them.

Registration is recommended but **all** are welcome to attend. To register, email Shelley Glick at sglick@wlsmail.org or call the library at 941-7072.