

Ulster County Executive Mike Hein

Invites Seniors to Attend a Workshop
Designed to Prevent Accidents and Injury Due to Falls
Please Join us for this **FREE WORKSHOP** Featuring:

- **Falls, Fact and Fiction** *the latest research on preventing falls by Bill Shashaty, Occupational Therapist at HAHV.*
- **Home Safe Home** *by Gilles Malkine of RCAL, Architectural Barrier Consultant from RCAL*
- **Tai Chi Demo** *by Certified instructor Anne Sherry, RN*

Falls Prevention

September 21, 2015
1- 3 p.m.

Coffee and cookies will be served

Esopus Seniors **(ALL WELCOME!)**

Esopus Town Hall
284 Broadway, Port Ewen, NY

Call Ulster County
Office for the Aging to reserve
your spot **845-340-3456**



Michael P. Hein, Ulster County Executive