



Ulster County Executive Mike Hein is committed to helping seniors stay healthy and prevent accidents and injury due to falls.

Come to this free seminar for a healthy start to Autumn:

- *Falls-Free Planning with Toby Krawitz, LCSW*
- *Home Safe Home presented by The Resource Center for Accessible Living , Gilles Malkine, Architectural Barrier Consultant*
- *Tai Chi Demo by Certified instructor Anne Sherry, RN*
- *Presenter Panel Discussion/Question & Answer*

# Fall Prevention

Tuesday, September 30  
9:30 a.m.- noon

Coffee and Muffins will be served

Hudson Valley Mall  
Community Room  
Route 9W, Kingston, NY

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



Michael P. Hein, Ulster County Executive

