

The Siskiyou County Fall Prevention Coalition Presents:



Fall Prevention & Senior Fitness Testing

This is a **FREE** community event. You do not need to be a member to attend.



Friday, April 11th

12:00 PM–2:30 PM @ the YMCA

Program Highlights:

- How we can prevent falls
- Available tools & resources
- High-quality fitness testing
- Fall Prevention from the perspective of the Fire Department
- How to create your own mobility plan

This event will host local speakers who will discuss vital factors of how YOU can age safely, as well as the many resources that are available to help prevent falls in Siskiyou County. We will also have senior fitness testing provided by our certified personal trainers to help promote healthy living for all.

To register, stop by the Front Desk or visit our website:
www.siskiyou-ymca.org

Note: if you are not a member, please ensure you register beforehand, as you need a Release of Liability signed before you may participate.