

10 Million Steps to Prevent Falls Walk

FRI. SEPT. 21, 2018 | 8 AM - 9 AM

Richland Mall: 2209 Richland Mall, Ontario
We will meet at 7:45 a.m. at the inside mall entrance of Avita Ontario Hospital.

Help us celebrate National Falls Prevention Awareness Day by taking "10 Million Steps to Prevent Falls!"

- Participate in a walk through Richland Mall
- Learn strategies and tips for falls prevention
- Meet the Area Agency on Aging's Matter of Balance class instructor and learn how wellness classes can reduce the risk of falls

Join us at 7:45 a.m. at the inside mall entrance of Avita Ontario Hospital. We will begin our walk at 8 a.m. All are welcome; no RSVP required!

