

# Stay Strong, Live Long

Rachel Hammond, Kinesiologist Presents!  
Falls Prevention Workshop

*A FREE education class on healthy aging, prevention of chronic illnesses,  
and promotion of independent living.*

The Legend of the Fall & Chronic Illnesses

Strong Muscles, Solid Bones & Aches about Arthritis

Keep it in check: Blood Pressure, the Ups and Downs

They Keep on Changing: Vision and Hearing

Those Darn Feet: Peripheral Neuropathy

Your Brain and Exercise & Sleep Disturbance

(Don't) Just Pop a Pill: Medication Use

The World around Us: Home & Environment Safety

Mobility Aids and Assistive Devices

Eat Well, Feel Good: Nutrition for the Ages

Life is a Balancing Act: Building Balance

How to get up from a Fall & Benefits of Exercise

**December 2, 10:30am - 12:00pm**  
**in Erin -**  
**EWFHT: 6 Thompson Cres, Unit 1**

**December 5, 10:30am - 12:00pm**  
**in Rockwood -**  
**EWFHT: 175 Alma Street**

**To register please  
call:**

Rachel Hammond, R.  
Kin  
VON Falls Prevention  
Kinesiologist  
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CANADA