

*Sudbury Board of Health, Parmenter Community Health Care,
and the Sudbury Senior Center present:*

Fall Prevention Day

Saturday, September 22

9:00 am to 12:00 pm

Sudbury Senior Center



1.

**Breakfast & Goodies
available throughout!**



2.

**Tai Chi Discussion
& Mini Tai Chi Class**

Instructor, Judy Stokey

3.

**Yoga Discussion
& Mini Yoga Class**

Leslie Worris, RYT, MPH

4.

Staying on Your Feet

Parmenter Occupational
Therapist, Terrie Banhazi

5.

**What increases
risk of a fall?**

Parmenter Rehabilitation
Director, Sue Rushfirth &
Sudbury Board of Health
Nurse, Allison Latta

6.

Stories from the Front

Sudbury Fire Department

7.

**Personal Emergency
Response Systems**

*Registration
is required.*

Please call
978-443-3055
to register for
this **FREE** event.

Sudbury Senior Center

Fairbank Community Center
40 Fairbank Road
Sudbury, MA 01776

The Senior Center is on the
right side of the building, the
side opposite the side with
the pool.



Parmenter 
Community Health Care
Care for Life