

FALL PROOF AT COMMUNITY CORNERS



in partnership with Cayuga Medical Center

Starting April 23th & 25th

Join Physical Therapist Anne Reilley for this 10 week falls prevention series. Focused on improving strength, coordination and balance, this series is **perfect for seniors!** For more information or to sign up see the FRONT DESK at our **Community Corners Location!**

This program is based on a model developed and validated at the Center for Successful Aging, California State University, Fullerton.

Tuesdays/Thursdays
1:30PM-2:20PM

Cost Per Series
MEMBER: \$100/\$195
NON-MEMBER: \$120/\$234

islandhealthfitness.com

(607) 277-3861
310 Taughannock Blvd.
(Downtown/Inlet)



(607) 319-0149
903 Hanshaw Rd.
(Cayuga Heights)