

FALL PROOF AT COMMUNITY CORNERS



Starting March 17th, 2020

Join Physical Therapist Anne Reilly 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

2:30PM-3:20pm (Advanced)

Thursdays

3:30PM-4:20PM (Advanced)

Community Corners
607-319-0149



Cost Per Series

MEMBER: \$100/\$195

NON-MEMBER: \$120/\$234

Downtown
607-277-3861