



FREE

FALL PREVENTION PROGRAM

Want to improve your balance and coordination?

Research shows that balance exercises for seniors can significantly reduce the risk of falls.

Join us for this FREE 30-minute instructional program sponsored by the Bergen County Department of Health Services.

Go 4 Life Program

This FREE 30-minute instructional program reviews the health benefits of regular exercise for those aged 50 years and older.

The program reviews the four types of exercises that older adults should engage in, the recommended duration of physical activity and staying safe while exercising.

DATE: THURSDAY, JUNE 16, 2022

TIME: 10:30 AM – 11:30 AM

**LOCATION: 916 RIVER ROAD
EDGEWATER SENIOR CENTER**

**Located on the second floor.
(Corner of River Road and Hilliard Avenue)**

**REGISTER ON COMMUNITY PASS
OR CALL 201-943-1700 X6002**