

FALL PREVENTION WORKSHOP



WHEN & WHERE?

Monday, November 3, 2025
10:00am
Partners in Learning
Huron Shores United Church
25 Main Street, P.O. Box 61
Grand Bend, ON N0M 1T0

KNOW
THE
RISKS!

* a PIL
facility
fee of \$5
applies

WHAT?

* **FREE** Fall Prevention Workshop hosted by the VON Seniors Maintaining Active Roles Together® (SMART) Exercise and Fall Prevention Program

REDUCE
FALLS!

ADDITIONAL INFORMATION

- Attendees will receive complimentary Fall Prevention resources provided by the VON SMART Program.
- Please wear comfortable attire and appropriate footwear as there will be a movement snack.

GET
MOVING!

WHY JOIN THE FALL PREVENTION WORKSHOP?

- Reduce your risk of falls, by understanding the controllable risks.
- Discuss the Pillars of Healthy Aging.
- Maintain and/or improve your strength, balance, social connection and overall well-being.
- Learn more about the VON SMART Program and other VON programs offered in Erie St. Clair.



AGE WELL. MOVE TO BE STRONG!