

NORTHERN VALLEY INDIAN HEALTH



FALL PREVENTION VIRTUAL GROUPS

All month of September

- Sept 1 :Home Safety
- Sept 8:Exercise Tips
- Sept 15: Nutrition as you age
- Sept 22: Fall Prevention Bingo

Wednesdays from 2:00PM-3:00PM
Connect: Virtually, On Life-size.

Call Community Health&Outreach and
Link will be provided to join!
530.207.5483