



# Northern Valley Indian Health Fall Prevention Program

Manage your concerns about falling through

## A Matter of Balance

- CONTROL FALLING AND OVERCOME YOUR FEAR
- SET GOALS TO BE MORE ACTIVE
- EXERCISE FOR BETTER STRENGTH AND BALANCE

**GET MOVING.  
STOP WORRYING.  
ENJOY LIVING!!**

### DATES:

Tuesdays

May 28th

June 4th, 11th, 18th, 25th

July 2nd, 9th, 16th

### TIME:

12:30pm—2:30pm

### LOCATION

NVIH Administration Building

257 N. Butte St.

Willows, CA 95988



RSVP by May 24th, 2019

Call early to register as space

is limited to 14 participants

**530.934.5431**