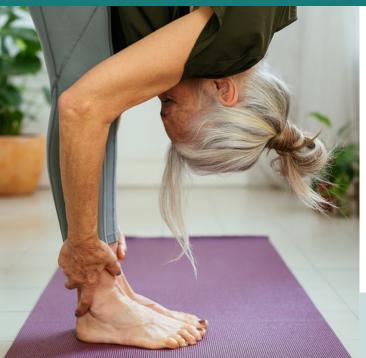
FALL PREVENTION

YMCA OF MARTHA'S VINEYARD



September 22nd 10am - noon

Join Natasha Snowden, MV Hospital Physical Therapist, for a workshop on fall prevention:

- Fall Assessment....are you a risk for a fall?
- How to get up once you have fallen....Learn how to get up once you have fallen.
- When you feel yourself falling, how do you fall to protect yourself from serious injury?

This event is free and open to the public.

Contact the Y Front Desk to register: 508 696-7171