



# 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**