



Stand Tall, Prevent Falls

Join us for a Fall Prevention seminar presented by AtlantiCare Health Engagement. Participants will learn; strategies to reduce fall risks, home safety tips and stretching exercises to improve flexibility, balance and strength.

LOCATION

AtlantiCare LifeCenter
2500 English Creek Ave.
Egg Harbor Township, NJ 08234
Ground Floor, Conference Room

DATES

Fri. March 15th
11:00am - 12:00pm

Tue. May 21st
2:00pm - 3:00pm

Tue. July 9th
10:00am - 11:00am

Fri. Nov. 1st
8:00am - 9:00 am