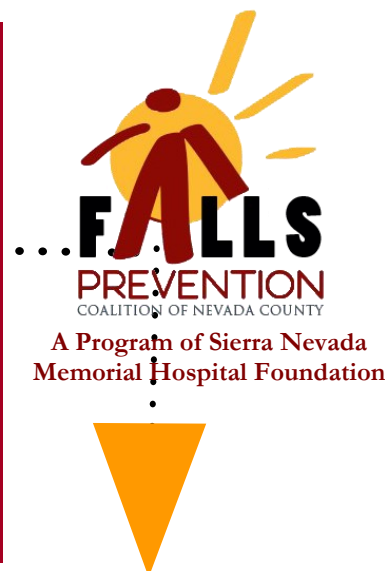


**Be Empowered!
Be Prepared! Be Proactive!**

**The 10th Annual
Falls Prevention Coalition's Community Event!**



Wednesday, September 27, 2017 9:00-1:00

**Seventh Day Adventist Church
12889 Osborne Hill Rd., Grass Valley
(Off Hwy 174, close to Union Hill School)**

**Register
by 9/22/17**

New This Year!!

**Optional Afternoon Breakout Sessions 1:30—2:30
Personalizing Your Exercise Plan & Community Support Svcs**

Come for:

- **Our resource fair**
- **A fun, interactive, & informative program**
- **The Forever Young Senior Chorus**
- **Morning Coffee+Pastries**
(Courtesy of Eskaton Grass Valley and Sierra Coffee Roasters)
- **Healthy, Buffet Lunch**
(Courtesy of Atria Grass Valley)

**Leslie Kernisan, MD, MPH
Keynote Speaker**

- Clinical Instructor at UCSF Division of Geriatrics.
- Nationally Known Geriatrics Health Education Expert.
- Founder of "Better Health While Aging"
- **Keynote Address:** "How to Spot Risky Meds, Partner with Your Doctors and Personalize Your Fall Prevention Plan!"

Staying Safe & Strong

- Learn how to choose exercise & take advantage local resources that will help you reach your personal goals.



RSVP



**\$10 Suggested
Donation at the
Door**



Sierra Nevada Memorial
Hospital Foundation

THE UNION
www.THEUNION.com

**To REGISTER
Call: RSVP (530) 271-0255**

