

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

**The 11th Annual  
Falls Prevention Coalition's Community Event!**

**Fall Prevention "Beyond the Throw Rug!"**



A Program of Sierra Nevada

**IT'S FUN!  
IT'S FREE!**

**Register  
by 9/7/18**

**Wednesday, September 12 2018 9:00-2:30**

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

**Come for:**

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

**Mark Bancroft, MS**

**Keynote Speaker**

***"Decision Making & the 10 Keys to Excellent Health"***

- 24-Years Experience in Helping People Enjoy Positive Life Changes.
- Learn the 10 Keys to Effective Decision Making and How to Use Them in Your Life Every Day.

**Safe, Strong, Active & Engaged**

- Learn how to set your exercise goals and choose the right methods and plan for You!
- Learn the options that you have locally for staying connected and having fun!
- Learn how to "fall proof" your home!



**REGISTER NOW!  
On Line:**

<https://supportsierranevada.org/fallspreventionevent>

**By Phone:  
SNMHF (530) 477-9700**

