



REDUCE YOUR RISK OF FALLS



Join us for an informative and engaging workshop designed to help you stay active and healthy!



Workshop Highlights:

- Injury Prevention Techniques
- Falls Prevention Strategies
- Managing Arthritis Pain
- Interactive Q&A Session

 **Oct 30th**

 **9:30-10:30AM**

 **Idaho Falls Family YMCA**

 **FREE to the community**

Call : 208-523-0600 or email:

membershipdirector@idahofallsymca.org to learn more .