



## **A Seniors United Now (SUN) Chapter Event**

# **Finding Balance**

Fall Prevention isn't about stopping falls. It's about continuing to enjoy life's simple moments. The good news is that you can take steps to prevent falls from happening to you.

## **Presenter: Rosalie Freund-Heritage MScOT**

Education Coordinator – Injury Prevention Centre  
School of Public Health – University of Alberta

**Thursday February 25, 2016**

**Registration: 1:00 pm    Presentation: 1:30 pm**

**Whitemud Crossing Public Library – Program Room  
4211 – 106 Street (just South of Whitemud Drive at 106 St)**

**Members and non-members welcome**

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