

**FREE
EVENT
!**



SPEAKER SERIES

FALLS PREVENTION!

WITH GUEST SPEAKER
PAM WALLACE PT
PHYSIOTHERAPIST

SATURDAY DECEMBER 2ND, 2023
2:00 PM TO 3:00 PM

LOCATION: HOLY TRINITY CHURCH HALL
2 HAMMOND RIVER RD. QUISPAMIS, NB

Preventing a fall is key to your health and wellness this winter. It can happen so very easily. Come learn the 'up's and down's' of preventing falls.

This event is made possible by Holy Trinity Church, a community in action. Everyone is welcome! Coffee, tea & snacks provided. There's no fee to attend. For more information call 506-647-8170.