

# Fall Prevention



**STEP UP TO STOP FALLS**

**FOR PEOPLE LIVING WITH CHANGES TO  
THEIR MEMORY & THINKING**

JOIN US AT  
4804-42 AVE  
(INNISFAIL ALLIANCE CHURCH)

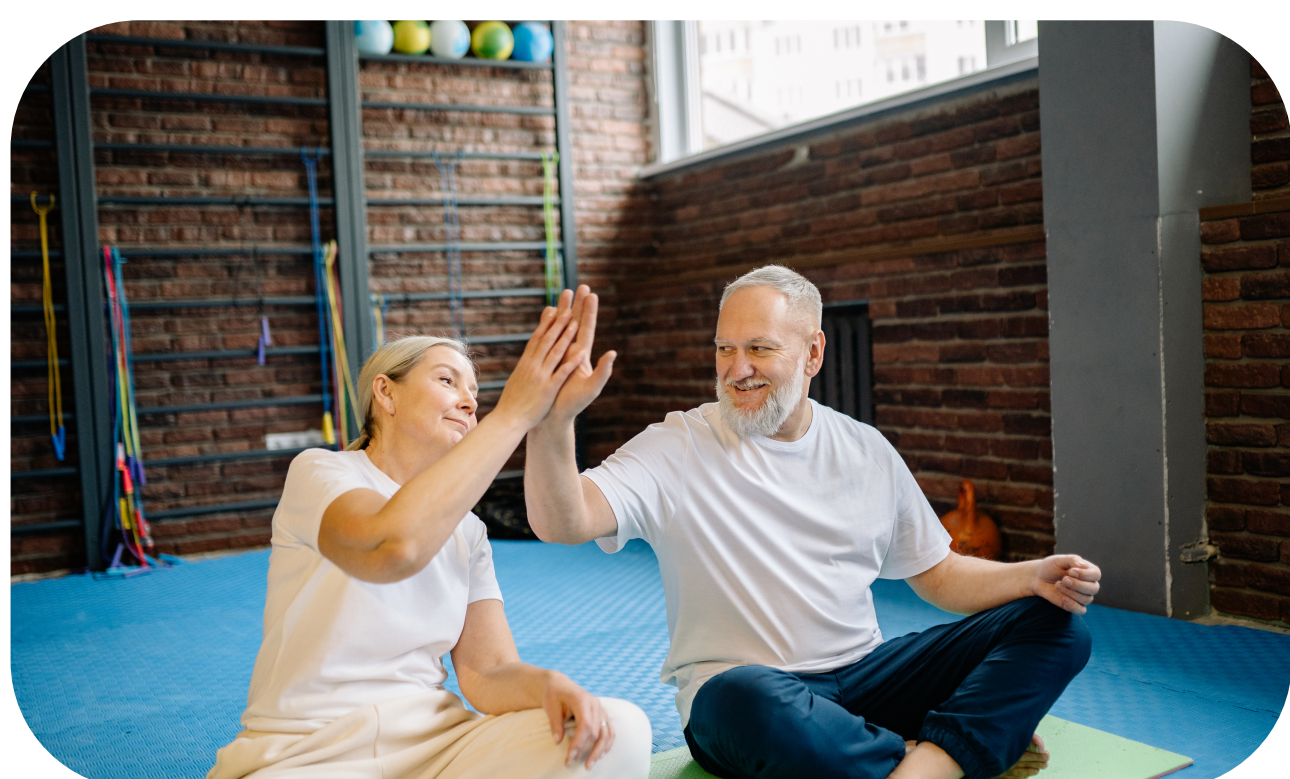
MONDAY & WEDNESDAY  
1:00PM - 2:00PM



## WHAT TO EXPECT

30 MINUTES OF EXERCISE  
30 MINUTES OF BRAIN ACTIVITIES

LOTS OF CONVERSATION AND FUN  
CARE-PARTNER RESPITE



FOR MORE INFORMATION CONTACT  
ELLEN HELGASON  
403-350-5092  
ELLEN.HELGASON@AHS.CA

