

# *Staying Balanced*

Falls Prevention Program 2



**COMPASS**  
COMMUNITY HEALTH

**Do you feel less steady?**

**Had any recent slips or stumbles?**

**Are you worried about your balance?**

**Join us to learn tools and exercises to keep you moving and stay balanced**



**12 week program**  
**Thursdays**  
**2:00-3:30 pm**

**Alternates with Falls Prevention Program 1**  
**(Staying Balanced)**

**Bus Tickets available**

Location: Compass Community Health  
438 Hughson Street North, Hamilton

Register: Call Miriam Beatty, PT  
(905) 523- 6611 Ext. 3068