



SCRIPPS MERCY HOSPITAL CHULA VISTA WELL BEING CENTER

Balance and Fall Prevention

*Monday, November 9, 2009
10:00 -11:00 AM*

More than one third of adults 65 and older fall each year in the United States. Older adults can take several steps to increase their balance, protect their independence and reduce their risk of falling. Join us and learn effective ways to reduce falls, increase your balance and the benefits of having a physical activity routine.

This presentation is *Free of Charge*.

Presented by: Scripps Family Medicine Residency Program

Norman Park Center
270 F Street
Chula Vista, CA 91910

For more information please call (619) 862-6600 or 1(800) SCRIPPS