



You are invited to our

# Fall Prevention Workshop

March 18th | 9:30 - 11 AM

Presenter: Martha York, LBSW  
Community Education Coordinator  
Wellwise Services Agency on Aging

**Human Services Building**  
River Raisin Room  
1040 S Winter Street  
Adrian, MI

Are you concerned about falling? Do you know how to prevent a fall? What tools might help you be stable and safe?

**RSVP** is recommended as seating is limited  
**Lenawee Department on Aging**  
517-264-5280 or [Ida@lenawee.mi.us](mailto:Ida@lenawee.mi.us)