

Fall Prevention at Home

Topic of Masonicare's Lunch & Learn

Patty Neeson, Nurse Education Specialist for Masonicare at Newtown
Will present a Lunch & Learn on preventing falls including:

- *Making your home environment safe*
- *Exercising for muscle strength*
- *Avoiding winter weather hazards*
- *Personal Emergency Systems*

Date: **November 19, 2015**

Time: **11:30 a.m.**

Location: **Masonicare at Newtown
Lodge Room**

This program is free and a complimentary lunch will be provided.

RSVP is required by November 16.

Please call the Masonicare HelpLine at 888-679-9997

