



FLORIDIANS FIGHTING FALLING

Join us March 2, Thursday, at 10 a.m. in Islandia 1 Social Room for free information about seniors and falling.

As a senior your chances of falling are 1 in 3, according to the Center for Disease Control.

Learn to help yourself and bring a friend. Please sign up in the lobby so we will have a chair for you.

To learn more, go to <http://www.fightingfalls.org/home-1.html>