

FALLS PREVENTION AWARENESS MONTH



Join us in September as we recognize Falls Prevention Awareness Month, a nationwide effort to raise awareness on preventing falls and reducing falls risks.



For more info or to register for events, contact Callie:

(207) 764-3396

INFORMATIONAL SESSIONS

Monday, September 12
10:00-11:00am
Turner Memorial Library
39 2nd St, Presque Isle

Friday, September 16
11:00-12:00pm
Online with Zoom

Tuesday, September 20
9:00-10:00am
Caribou Recreation and Wellness Center
55 Bennett Dr, Caribou

Thursday, September 22
10:00-11:00am
Houlton Recreation Center
128 Main St, Houlton

Thursday, September 29
10:00-11:00am
Fort Kent Public Library
1 Monument Sq, Fort Kent

PROGRAM DEMOS

Tai Chi
Friday, September 23
9:00-10:00am
Online with Zoom

Bingocize
Friday, September 30
11:00-12:00pm
Online with Zoom