

911, What's Your Emergency?



SAVE THE DATE:

September 14

SENIOR SAFETY ACADEMY

Join us for *Let's Keep Moving* by Ethos Care. In this presentation you will learn about falls in the senior population, how to prevent falls, home modifications and safety recommendations and exercises you can perform to improve your balance.

Followed by Bev Henning from AARP discussing Vehicle Mobility Improvements—improving the safe fit of the driver into the vehicle and those modifications we can make on our own to increase comfort.

August 30—1p-3p

Ethos

AARP
Minnesota

Hjemkomst Center

202 1 Avenue North; Moorhead

No RSVP required