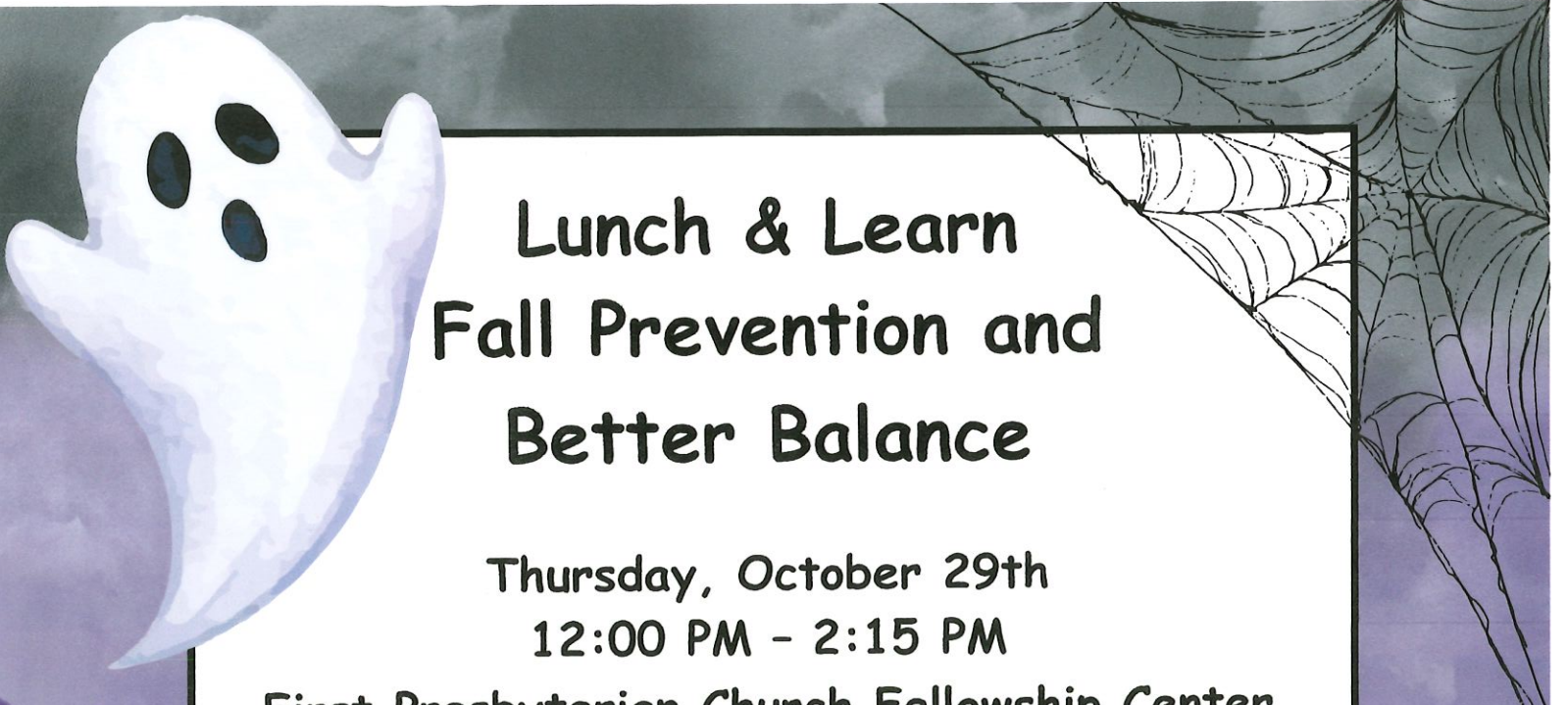




Lunch & Learn Fall Prevention and Better Balance

Thursday, October 29th
12:00 PM - 2:15 PM

First Presbyterian Church Fellowship Center
100 W. Church Circle

*Presentation & a light lunch from 12:00 noon - 1:15 PM

**Attendees are invited to stay to observe or participate
in the Balance Class from 1:15 PM - 2:15 PM

Scott Held, an Exercise Physiologist from the GBC Wellness Center will be speaking to us about fall prevention and how to maintain better balance. He will highlight some of the most common ways people fall, teach us prevention techniques and demonstrate exercises to strengthen our foundation or "core muscles" to improve our balance.

A fall is scary and can be a life-changing experience. If you have had a fall, stumbled or can tell your balance has diminished, we hope you can attend.

Anyone interested in attending is invited so spread the word and ask a friend to join you! Please RSVP by Monday, 9/26/26 by calling or texting Becca Wright, Parish Nurse at (423) 963-9617 or e-mail abwright@chartertn.net.



Don't get spooked by a fall!