



a HealthyNS Program

FREE Online Class Falls: Tips to Stay Safe



Falls can happen to anyone. In this program we will talk about how to prevent slips, trips, and falls so you can continue to get the most out of life. This session will include information and discussion about falls prevention, including movement, health, and home safety tips.

SCAN HERE
to register

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Visit: www.healthyNS.ca
or Click Here

