





For Newcomer Seniors 50+

Seniors' Active Living Club

Healthy Aging - Fall Prevention Workshop

Come, share and learn together !!!!

❖ **Definition of fall and four major modifiable risk factors:**

-  **Physical activity**
-  **Nutrition**
-  **Medication safety**
-  **Home safety**



Date: Tuesday, May 22, 2018
Time: 1:30 pm – 3:30 pm
Venue: Welcome Centre Markham South
Language: Mandarin
Guest speaker: Xiao Xiao Xiang, Public Health Nurse,
York Region Public Health



Welcome Centre - Markham South
7220 Kennedy Road (Hollywood Square)
Markham, ON L3R 7P2
Toll-free: 1-877-761-1155
www.welcomecentre.ca

**Please bring your Permanent Resident Card
or Landing Paper for registration**

York Region Transit Routes:
8 KENNEDY

For enquiry and registration: 1-877-761-1155 ext. 3201 / 3243
If you are calling us after 4:30pm, please dial 905-479-7926.