## **Cornell Cooperative Extension** | Sullivan County

64 Ferndale-Loomis Rd, Liberty, NY 12754 (845) 292-6180 x 122 | sullivancrc@cornell.edu



Join us for this free informal workshop.

## Reduce Your Risk of Falls

**Tuesday, September 30<sup>th</sup>** 2:00 pm - 3:00 pm

The greatest risk of injury for seniors age 60 and older is from falling. Get tips to make your home safer and learn about ways to reduce your own, or your loved one's risk of falls.

## Registration requested:

Use the QR code below or go to

https://tinyurl.com/5n6mtpy4





Call 845-292-6180 x 122 or

email: sullivancrc@cornell.edu

The Caregiver Resource Center is a co-partnered program between Cornell Cooperative Extension and Office for the Aging of Sullivan County and is supported by grants from the NYS Office for the Aging's Caregiver Program and the Alzheimer's Association.

Cornell Cooperative Extension Sullivan County provides equal program and employment opportunities. Contact the office to request accommodations.