

Stand up to falls
in the comfort of home!



Join our Virtual Falls Prevention Sessions!

Join our Zoom sessions live with our Registered Kinesiologists! They'll teach you how to identify and address the factors that can lead to falls — and how to prevent them!

**Tuesdays and Thursdays
at 1:00 p.m.**

Contact
Ashlynn Boven
519-772-878 x. 208

or visit
[communitysupportconnections.org/
fall-prevention](https://communitysupportconnections.org/fall-prevention)

Stay active.
Right in your own home!

Join a Virtual SMART™ Exercise Class!

Meet online, and join with friends and trained facilitators from Community Support Connections. They'll guide you through your exercises, just like in a class — but in your living room instead! Various class times and intensity levels are available.

Contact
Ashlynn Boven
519-772-878 x. 208

or visit
[communitysupportconnections.org/
exercise](https://communitysupportconnections.org/exercise)



Falls Prevention

Caring for our community at home.



Exercise

Caring for our community at home.

