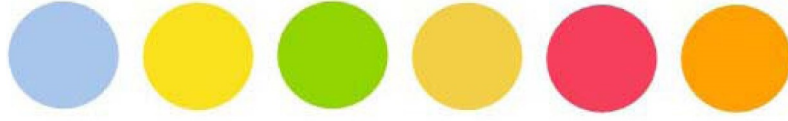




Meals on Wheels and Senior Outreach Services



2017 Fall Prevention Coalition Meetings Featuring Fall Prevention Guest Speakers

Dates:

Monday, February 13th

Tuesday, May 16th

Tuesday, August 22nd

Tuesday, November 28th

Time:

9-11 a.m.

Where: 500 Ellinwood Way, Pleasant Hill

RSVP: Alayne Balke, Fall Prevention
Program Manager, #925-891-4761 or
abalke@mowsos.org

**Experts share new ways to prevent
falls!**

*Mark your calendar today and join us for these
important and resource-filled meetings!*



Enhancing
the quality
of life for
older adults
in Contra
Costa

