



Observe Annual Falls Prevention Day

Second Annual

Senior Health and Wellness Day

September 20th (Thursday) 9 am - 2 pm

At Anderson Neighborhood Senior Center

120 Anderson Avenue , Staten Island, NY 10302

- Fall Prevention Workshops 10:30–11:15 am

Presenters :

NYC DOHMH

Injury Violence Prevention Department

- Walking Exercise : New York Road Runners

10 :30 am

- Easy Aerobics Exercise 10: 00 am

- Arts and Craft activity 9 -11 am

- Health Wellness Bingo Game 1—2 pm



Easy Aerobics Exercise

Collaborate Vendors Outreach 9—11 am

Lunch Service 12 —1 pm



Contact : (718) 448-5757 X 2885 or X2886



JOHNSON & LANGWORTHY, P.C.
ATTORNEYS AT LAW

