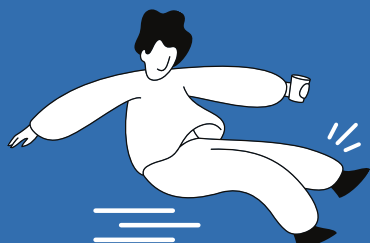




*Saskatoon  
Community  
Clinic*



# Stand Tall – Prevent a Fall!

Falling in the home? Afraid to get in and out of the shower? Tripping over your own feet? This group program might be a good fit for you!

**WEDNESDAY, AUGUST 14**

**1:30 p.m. – 3:30 p.m.**

The Occupational Therapy (OT) Department at Saskatoon Community Clinic is excited to announce the start of a falls prevention group focusing on older adults who are at risk of falling in their home or caregivers interested in keeping their loved ones safe. This group will provide fun and interactive education on falls risk factors and prevention strategies, including easy changes that can be made to your lifestyle and your home.

Led by Occupational Therapists **Rachel Degan** and **Julie Anstey**, the group will run for 2 hours at our new **2211 11th Street West** location of the clinic with snacks and refreshments provided.

Interested? Please contact the OT department at **306-664-4259** or **janstey@communityclinic.ca**.