



KEEP SAFE WHILE STAYING ACTIVE

A community outreach
program for seniors from



ASSEMBLYMAN
Ed Ra

Assemblyman Ed Ra and
Winthrop-University Hospital are hosting a

Fall Prevention Awareness Workshop

REFRESHMENTS
WILL BE PROVIDED

THIS IS A
FREE
Event

11:00 a.m. to Noon on the following **Thursdays:**

October 9 **October 16**
October 23 **October 30**

Westbury Library 445 Jefferson Street, Westbury, NY

During the first session of this interactive four-week series, you and your neighbors will learn how to be safe while staying active.

The following three sessions will focus on important exercises to improve your balance and strength.

Don't miss out on an opportunity to learn how to reduce your chances of injury and improve your well-being!

To register for the workshop or for more information on this or any state matter, contact Ed Ra at:

825 East Gate Blvd. • Suite 207 • Garden City, NY 11530

516-535-4095 • rae@assembly.state.ny.us

ED RA
NEW YORK STATE ASSEMBLY