



Stay on your feet!

Take a safe stance with fall prevention and learn how you can avoid the risks associated with falls. Be proactive and join Tower One/Tower East for a free six part educational series to include:

<ul style="list-style-type: none"> • Preventing Falls, One Step at a Time • Exercise: It Works, It's Safe and It's Fun! • Medication Management • Risk Factors Associated with Age-Related Vision Loss • Planning the Next Steps—Should I Stay or Should I Go? • Clearing Clutter/Downsizing—Self Home Assessments 	Congregation B'nai Jacob	Congregation Beth El-Keser
	Wednesday, Sept. 30	Thursday, Oct. 1
	Wednesday, Oct. 7	Thursday, Oct. 8
	Wednesday, Oct. 14	Thursday, Oct. 15
	Wednesday, Oct. 21	Thursday, Oct. 22
	Wednesday, Oct. 28	Thursday, Oct. 29
	Wednesday, Nov. 4	Thursday, Nov. 5
	All talks begin at 11:00 a.m.	

This series is hosted by Congregation B’Nai Jacob and Congregation Beth El-Keser. This series is free and open to the community.


 Tower One/Tower East
 18 Tower Lane
 New Haven, CT 06519
 (203) 772-1816
www.towerone.org

**Tower One
Tower East**
*An Active Senior Living
Community—Fostering
Independence for Life*

**Congregation
B'nai Jacob**
 75 Rimmon Road
 Woodbridge, CT

**Congregation
Beth El-Keser**
 85 Harrison Street
 New Haven, CT

Please RSVP to: Diane at 203-772-1816, ext. 280.
To learn more, check out our brochure or visit us on our web site at www.towerone.org.



This Series is made possible through a matching grant with the Jewish Federation and the Jewish Foundation of Greater New Haven