



STAY STRONG, STAY SAFE

**EXPERT TIPS TO
PREVENT FALLS**

DR. DESI WILLIAMS, DPT

In this interactive and upbeat workshop, learn how to: **boost strength, improve balance, and prevent falls!**



**THURSDAY
APRIL 17
12:15 PM**

PAN PACIFIC SENIOR ACTIVITY CENTER

141 South Gardner St., LA, CA 90036

Meet Us in the Dining Room



For questions,
call
323-973-2473

