

# **Friends Don't Let Friends Fall**

*Somerville Council on Aging and CREW  
(Community Resources for Elder Wellness) present*

## **A FALLS PREVENTION WORKSHOP**

- ✓ Learn practical ways to help avoid falling
- ✓ Bring a friend and win a prize
- ✓ Free interactive chair yoga and zumba gold demos

**When:** Tuesday, February 28  
12:30-2 p.m.  
(lunch at 11:30 and transportation may be  
available by reservation)

**Where:** Holland Street Center  
167 Holland Street

**RSVP:** 617-625-6600, ext. 2300

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