



Fall Prevention, Balance, and Healthy Aging

Understand why fall prevention matters for healthy aging, with tips and exercises to improve balance and strength.

**Fall Prevention, Balance,
and Healthy Aging**
Tuesday, September 23
12:30 p.m. - 1:30 p.m.

Register Now

Space is limited.

Questions?

Member Services Has the Answers. Call 1-800-414-SHBP (7427).

