



Third Annual

# *Stepping into Fall*

## **SENIORS SAFETY EVENT**

- Information to prevent falls and improve your balance
- Sample exercise classes
- Various health assessments and screenings
- Education for diabetes, Parkinsons, medications and more
- Caregiver support
- Gift bags, giveaways and entertainment

Saturday, September 28, 2019 | 10 a.m.–2 p.m.  
Northwest Montana Fairgrounds – Expo Building

For additional information, contact Dan Daub,  
Injury Prevention Coordinator, at 751-5727.

**KALISPELL REGIONAL HEALTHCARE**

10003makg062819