



NEWS RELEASE

March 2, 2010

Fall Prevention Workshop for Seniors and Caregivers

The City of Santa Maria Recreation and Parks Department and the Fall Prevention Task Force of Santa Barbara County are sponsoring a Fall Prevention Workshop on Tuesday, March 30, 2010 from 10:00 to 11:30 a.m. at the Elwin Mussell Senior Center, 510 East Park Avenue. The workshop is designed for seniors, their family members, and caregivers, and will include information on strategies to reduce the risk of falling to include mobility exercises, local resources, and low income home modifications. The event is free and registrations should be made by calling (805) 925-0951 ext. 207 no later than March 27. If anyone 60 years or older would like to stay for lunch for a donation of \$2.75, please indicate when calling (lunch provided by Community Action Commission).

Questions may be directed to the Recreation and Parks Department, 925-0951 ext. 347.

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