



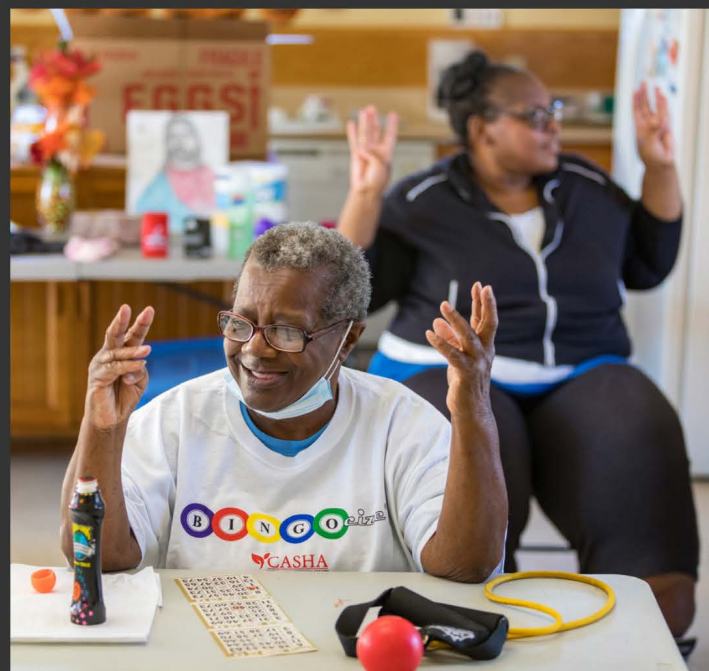
Fall Prevention Workshop

A 10-week health promotion program that combines bingo with fun, inclusive exercises for everyone!

October 6–December 17

**Tuesdays & Thursdays
11:00 am–12:00 noon**

**Dillingham
Senior Center**
515 1st Ave. East



JOIN THE FUN!
FREE Event, Open to All

