

You are invited to attend
The Tompkins County Office for the Aging's

Free and
open to
the public!

Public Hearing
.....
Senior Citizens' Fair
&
Falls Prevention Summit



9:00 am — 9:30 am :
**Refreshments &
Registration**

9:30 am — 10:30 am :
**Public Hearing &
Falls Report**



10:30 am — 12:00pm :
Workshops and Games
Tai Chi
6 Step Balance System®
Falls Prevention BINGO
Medication Management

12:00 pm — 1:00 pm :
Lunch with Foodnet
*Celebrating Foodnet's
25th Anniversary*

Ongoing Information Sharing
in the Atrium (9:00 am—noon):
'Please Try It' Display
Lifelong
Office for the Aging
Health Planning Council
Dept. of Emergency Response
Way2Go

.....
Friday, September 28, 2012

Titus Towers

800 South Plain St., Ithaca

9:00 am — 1:00 pm

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Refreshments will be served.
Seating is limited!
Contact the Office for the
Aging to make your
reservations at 274-5490 or
cofa@tompkins-co.org

Falls Prevention™
STEP UP TO STOP FALLS

Free prizes and
giveaways!

