

NO MORE SLIPS, TRIPS OR BROKEN HIPS

A fall can happen in a split second. Recovery can take a long time. Speakers from Integris 3rd. Age Life and Jim Thorpe Rehabilitation will discuss risk factors and how to avoid falling.

Thursday, October 4 | 6:30pm | Del City Library | 672-1377

Monday, October 15 | 6:30pm | Belle Isle Library | 843-9601

Friday, November 2 | 1pm | Northwest Library | 606-3580

Tuesday, November 13 | 2pm | Warr Acres Library | 721-2616



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