



Therapy Department

Fall Prevention Support Group

Cost: Free

**Dates: First Thursday of the following months
March/April/May/June/August/September/October/November**
*skip July & December-February due to holidays and inclement weather

Time: 10:00-11:00

**Location: Palos Hospital
Auditorium**

Sessions to include:

Monthly Brief Topic Discussion-note specific dates and topics on back
30 minute Tai Chi Demonstration



**Please call to register:
708-226-2300**