

BE YOUR OWN HERO!



LEARN TO PREVENT FALLS

AT THE FALL PREVENTION FORUM

SPEAKERS: Dr. Thomas Duncan • Dr. Paulo Carvalho

FRIDAY

September 20, 2019

10 am - 1 pm

*Registration
begins at 9am*

**South Oxnard
Senior Center**

**200 E. Bard Road
Oxnard, CA**

- ★ FREE LUNCH for all guests ★ Raffle prizes
- ★ FREE Immunizations & Health Assessments
- ★ Zumba & Tai Chi Demos ★ Balance Screenings
- ★ Space Is Limited, Call VCAAA to register at
(805) 477-7300, Option 6

