

How you can
Prevent a
Fall



Vision Support Lunch and Learn “Preventing Falls”

**Guest Expert:
Tonya Walton, certified brain
and balance specialist and Village instructor**

**Thursday, Sept. 20
12 to 1 p.m.**

Friendship Heights Village Center

**You don't have to have poor sight to participate,
but you do need to register for
the light lunch by calling 301-656-2797**