

HEADS UP, SENIORS!

SPONSORED BY BRAIN INJURY ALIANCE NEW JERSEY

and

WEST MILFORD COMMUNITY SERVICES & RECREATION

A Pedestrian Safety and Fall Prevention Program.

The purpose of this workshop is to increase independence and decrease falls, as well as discuss driving and pedestrian safety tips. The workshop is fun and interactive, and designed to educate seniors on ways to be safe at home and in the community.

When: Tuesday, April 9, 2024

Where: West Milford Recreation Center

Time: 1:00 - 2:00 PM

TO REGISTER:

Go online to www.westmilford.org. Click on Community Services & Recreation, then “REGISTER HERE FOR PROGRAMS”. Once you are in Community Pass look for “2024 SENIOR PROGRAMS”.

