

## IS THERE A CANE IN YOUR CLOSET?

Have you stopped doing some of your normal activities because you feel unsteady on your feet? Are you thinking of using a cane, walker or other assistive device but are hesitating?

All seniors, adult children and anyone else interested are invited to attend the **Mobility Team Workshops** in **Winnipeg, MB**. This two part workshop will include fun, interactive sessions where you can learn practical information about canes, walkers, scooters, hip protectors and grab bars from seniors and experts who know. It is important that you attend the first workshop!

### Workshop Details

**Workshop: Part 1**

Friday, October 17, 2008 6:30 pm – 9:30 pm (nutrition break provided)

**Workshop: Part 2**

Saturday, October 18, 2008 10:00 am – 3:00 pm (nutrition break and lunch provided)

**Location: Crescentwood Community Centre, 1170 Corydon Ave.**

Please pre-register with:

Amy

Seniors Health Resource Team

PH: 940-2225 (No Charge)

A FREE lunch on Saturday will be provided for those who pre-register.

