

# Keep your balance! Learn how to prevent falls

## 保持身体平衡 學會如何預防摔倒

\* This seminar will be held in Mandarin. 本次演讲将以普通话进行  
Lunch provided (Free of charge). 免费午餐

Falls are common and potentially serious as we age. Learn tips for preventing falls, both inside and outside your home. This information could be critical for avoiding life-threatening injuries.

隨着我們年紀越來越大，跌倒是很常見的，並且有潛在的危險。學習一些屋內屋外預防摔倒的技巧可以避免遭受到危及生命的傷害。



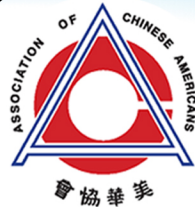
Presenter 主讲人: Katherine 卫美玲

Date 日期: 08/21/2013 星期三

Time 时间: 12:00 p.m.- 1:30 p.m.

Location 地址: 4750 Woodward Ave.

Room 212, Detroit, MI 48201



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