



<https://patch.com/virginia/daledcity/calendar/event/20171019/243771/fall-risk-the-benefits-of-exercise-for-seniors>

Dale City Patch

October 19, 2017

Fall Risk & the Benefits of Exercise for Seniors



Poet's Walk Fredericksburg
3020 Gordon W. Shelton Blvd., Fredericksburg, VA 22401

Presented by Kayla Deyarmin Regetz, EP
The Health and Wellness Coordinator for Spring Hills Home Care

Join us for a presentation on the risks of falling and how exercise can help combat falls and benefit seniors in their everyday lives. Come find out from a professional Exercise Physiologist what the best options for staying active are as we and our loved ones age. Light snacks and drinks will be served and free fall screenings will be available!

PLEASE RSVP to 540.370.8000

[For further information, click here.](#)

www.PoetsWalk-SpringHills.com

