

Nokomis District

Community Health Council

Presents a *Conversation Cafe*



What do I do?  
How do I get up?

**Falls Prevention:  
Maintain your Independence  
Wednesday, Nov. 16 2016  
2 pm  
Nokomis Centennial Hall  
Presentations, Conversation,  
Falls Prevention Jeopardy with prizes!  
Coffee, tea & snacks**

*Legion Bus will pick up anyone wanting a ride,  
call 306-528-4681 for a ride.*

**Free. Everyone welcome.**



UNIVERSITY OF SASKATCHEWAN  
College of Nursing  
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