



## Fall Prevention Class

Please join us on **January 22<sup>nd</sup> 2026** for the Fall Prevention Class that will be hosted by the Calaveras County Seniors' Center located at 956 Mountain Ranch Road, San Andreas 95249. The Class will be led by Paul Hans: PTA/Clinical Liaison. The Class is free for all Calaveras County Residents and Guests.

According to the World Health Organization, “Falls are the second leading cause of death in the world.” Falls can disrupt or change your life forever. Fortunately, most falls are preventable. This class will provide the tools and knowledge you need to ensure your safety and improve your enjoyment of life. Let’s all stay safe and upright as we start the new year.

**Date: 1/22/2026 at 10:00 am**

Calaveras County Seniors' Center