



# Fall Prevention and Aging Well

Tuesday, Jan. 26  
1 p.m. via Zoom

Shira Racoosin, doctor of physical therapy with Movement X, discusses home modifications, exercises, and more to reduce the likelihood of falling and lessen the impact if a fall occurs.

Registration required; call the Village Center at 301-656-2797 or email [info@friendshipheightsmd.gov](mailto:info@friendshipheightsmd.gov) for information.

Deadline to register is Monday, Jan. 25.

Sponsored by the Friendship Heights Village Council  
in cooperation with the Friendship Heights Neighbors Network