

Fall Risk Community Allies



"Alone we can do so little.
Together we can do so much."

– Helen Keller

- **Healthy Hearts Lunches**
1st & 3rd Wed @ 12 – 1 PM
Broomfield Senior Center
- **Blood Pressure Checks**
1st Thurs @ 11 AM – 1 PM
Erie Community Center



- **Balance & Stability**
Mon & Weds @ 10:15–11 AM
Louisville Recreation Center
- **Ortho-Bionomy Bodywork**
Nov 15th 2021 @ 9 AM – 2 PM
Lafayette Senior Center

- **Move it! Improve it!**
Mon & Thurs @ 1:15 – 2:15 PM
Broomfield Community Center
- **Beginner Tai Chi**
Weds @ 8 – 9 AM
Erie Community Center



- **Hearing Clinic**
4th Mon @ 1 – 2:30 PM
Broomfield Senior Center
- **Hearing Screenings**
4th Mon Qrtly @ 12 – 3 PM
Erie Community Center
- **Hearing Clinic**
1st Mon @ 12 – 3 PM
Boulder Age Well Center



— Since 1963 —