



PRESENTS

# “Fall” Fitness

Rockland County Office for the Aging  
#FallsPreventionAwarenessWeek



**FEATURING  
GUEST SPEAKERS,  
FITNESS DEMONSTRATIONS &  
A WALK ON THE BEAUTIFUL NATURE TRAIL**

Wednesday, September 25, 2024

11:00 am - 1:00 pm

Haverstraw Bay Park Pavilion  
21 Gagan Road  
Haverstraw, NY 10927



***Reservation required.  
Space is limited.***

Call **845-364-2100**  
to reserve your spot!



***For Rockland County residents, 60 years of age and over.***

If you would like to request a reasonable accommodation to participate, please let us know.