

# Health Talk Series

Fall Prevention and  
Home Safety Awareness



## **PLEASE JOIN US**

Wednesday, December 18, 2019 • 10 a.m.  
RiverMills Council on Aging  
5 West Main Street  
Chicopee, MA 01020

Join us to hear important information on how to stay safe from falls at home. Physical therapist Stefanie Cust from Encompass Health Rehabilitation Hospital of Western Massachusetts will share smart ways to protect yourself when navigating and performing tasks throughout your home.

To learn more, contact Cynthia Mason, nurse liaison at Encompass Health Western Massachusetts, at 413.244.1621.

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[encompasshealth.com/westernmassrehab](http://encompasshealth.com/westernmassrehab)



**Encompass  
Health**

Rehabilitation Hospital  
of **Western Massachusetts**