**WALK WITH A DOC**

**WHAT:** Walk at your own pace and have questions answered by local physicians.

**WHEN:** 8:00 a.m. Saturday, Sept. 21

**WHERE:** Sanborn Park, 2031 28th Ave., Greeley (meet in the northwest parking lot)

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**CAREGIVER LUNCHEON: A CONVERSATION ON FALL PREVENTION**

**WHAT:** Come eat lunch and enjoy a seminar about the Fall Prevention Conversation Guide for Caregivers from the National Council on Aging. Registration required. Call (970) 400-6117.

**WHEN:** Noon - 1:00 p.m. Monday, Sept. 23

**WHERE:** Eaton Rec Center, 1675 3rd St., Eaton

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**TAI CHI IN THE PARK**

**WHAT:** Observe or participate in Tai Chi based on the Area Agency on Aging’s Tai Chi: Moving for Better Balance program.

**WHEN:** 10:45 - 11:45 a.m. Tuesday, Sept. 24

**WHERE:** Riverside Park, 4000 Riverside Pkwy, Evans

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**FILM SCREENING: THE FALLING MONOLOGUES**

**WHAT:** Join us for a viewing and discussion of a film reflecting the thoughts, emotions, and lessons learned from some older adults after they’ve fallen.

**WHEN:** 2:00 p.m. Wednesday, Sept. 25

**WHERE:** Farr Library, 1939 61st Ave., Greeley

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**MYMOBILITY PLAN**

**WHAT:** Learn how to stay independent with a plan developed by the CDC. If you would like to stay for the Friendly Fork Meal, please call (970) 346-6950 to RSVP.

**WHEN:** 11:00 a.m. Thursday, Sept. 26

**WHERE:** Rodarte Center, 920 A St., Greeley

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**CHAIR YOGA**

**WHAT:** Join us for a chair yoga class led by Amy Hodge. The class is appropriate for all fitness levels.

**WHEN:** 2:30 - 3:30 p.m. Thursday, Sept. 26

**WHERE:** Riverside Library, 3700 Golden St., Evans

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**FILL YOUR PASSPORT!**

The first 5 people to go to 3 or more events win a prize!

**COMPLIMENTARY BALANCE SCREEN ASSESSMENT**

Call Alliance Physical Therapy at (970) 352-9022 to schedule an appointment. Assessments will be performed by a licensed physical therapy provider who specializes in balance and fall prevention. Appointments are available the week of Sept. 23-27.