

TEAMING UP TO MAKE A DIFFERENCE



**Public Health**  
Prevent. Promote. Protect.  
**Township of Cranford**  
*Health Department*

# AFRAID OF FALLING?

ARE YOU...  
UNSTEADY?  
OFF BALANCE?  
DIZZY?  
USE A CANE OR  
WALKER?

- Reduce your risk of Falls
- Tips on how to navigate  
your home and  
community safely!
- Stretches and exercises  
to keep you strong



**ATTENTION!!**  
**we want to help your**  
**MOBILITY and**  
**keep you SAFE...**

**TUESDAY,**  
**JANUARY 22 ND**  
**@ 11:00 AM**

**Ivy Rehab**  
**210 North Ave E.**  
**Cranford, NJ**

**To Register:**  
**Call Ivy Rehab at**  
**908-276-0237**