

Stay Standing Strong ***National Falls Prevention Month***

Call to Register
(910)-433-1248

- **Guest speakers**
 - **Learn about your falls risk**
- **Matter of Balance, Tai Chi, & Bingocize demonstrations**
- **Get you steps in for the day by joining us for STEPtember!!!**
 - **Learn how to count your steps!**

**** September 19, 2025 ****
10:00 AM- 2:00 PM

Bill Crisp Senior Center
7560 Raeford Road, Fayetteville NC 28304

JOIN US TO STAY ACTIVE &
Learn how to prevent falls



**MID-CAROLINA
REGIONAL COUNCIL**
Creative Regional Solutions



**CUMBERLAND
COUNTY**
NORTH CAROLINA

FAYETTEVILLE
PARKS & RECREATION
CUMBERLAND CO.