

January 2, 2020

## **Staying Independent for Life**

Staying Independent for Life is a falls and injury and prevention seminar developed by the Suffolk County Department of Health Services. This 1 hour program covers risk factors and risk reduction strategies to help reduce falls among senior citizens.

### **Sayville Public Library**

88 Greene Avenue, Sayville

Date: Monday, January 6, 2020

Time: 1:00-2:00 PM

Contact: Peter 631-589-4440 x 307

### **Longwood Public Library**

300 Middle Country Road, Middle Island

Date: Monday, August 10, 2020

Time: 3:00 – 4:00 PM

Contact: Jill 631-924-6400

## **A Matter of Balance**

A Matter of Balance consists of 8 two-hour sessions with a break for light refreshments. It uses a variety of activities to address the fear of falling and teaches fall prevention strategies. Activities include group discussion, problem-solving, skill-building, assertiveness training, videotapes and exercise training.

Pre-registration is required.

### **Sayville Public Library**

88 Greene Avenue, Sayville

Dates: January 27, 30 February 3, 6, 10, 13, 20, 24,

Time: 1:00-3:00 PM

Contact: Debora 631-853-2928

### **Oak Run Community Clubhouse**

9 Oak Run, Stony Brook

Dates: May 18, 21, 28 June 1, 4, 8, 11, 15

Time: 2:00-4:00 PM

Contact: Debora 631-853-2928

### **Longwood Public Library**

800 Middle Country Road, Middle Island

Dates: September 2, 9, 14, 16, 21, 23, 28, 30

Time: 10:00 AM-12:00 PM

Contact: Debora 631-853-2928