

Stopping falls one step at a time.



FREE
for all Fall Prevention
summit attendees



December 5, 2007

Walk TALL

Prevent Falls

3K Walk

Start the Fall Prevention Summit with a fun and easy 3k walk. This workshop will provide you with the tools and information you will need to start an effective and safe walking program.

Workshop Includes:

- Valuable informational materials and safety tips
- One-on-one instruction on how to use walking poles
- FREE pedometer
- Assistance in calibrating your pedometer.
- Scenic route along the Long Beach Boardwalk
- Walking guides and fun activities throughout the course

Join us at the entrance of the Long Beach HILTON hotel

- 8:30 – 9:00am** Meet in front of the Hilton hotel for your FREE pedometer and assistance in calibrating it with your personal information.
- 9:00am** Start 3K walk

RSVP with
Grace Amaya at
714-278-7317 or
gamaya@fullerton.edu

