

Introduction to the multi-uses of the **CANE** *and* **WALKING STICK**

Saturday, August 15th

The cane & walking stick are multi-use & versatile tools, this class will introduce students to the various uses. We will cover the following:

1. Fall Prevention
2. Mobility
3. How to get up after a fall
4. Personal Safety
5. Warm-ups and exercises



WHEN: Saturday, August 15th

TIME: 11:30am - 12:30pm

INSTRUCTORS: Mark Barber & Tony Crain

COST: \$30



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