



Arlington Neighborhood Villages
Making Arlington your home for a lifetime

Modifying Your Home to Fit Your Changing Life-Style

Many falls can be prevented. By making some small changes in your home, you can significantly lower your chances of falling and stay independent longer!

As part of the Fall Prevention Series, AARP is teaming up with Arlington Neighborhood Villages to bring you this **free community workshop**.

Participants will learn about home updates that can make it easier for them to go about their daily activities while staying comfortable, independent, and injury-free in their home; the workshop includes experts who will share practical tips to minimize the financial costs of home modifications and resources for home fit assessments.

Date: Thursday, November 5, 2015

Time: 10:30 am - 12:30 pm

Location: Arlington County Central Library
1015 N Quincy St
Arlington, VA 22201

You can register for this event by emailing (register@arlnvil.org) or calling the office at 703-509-8057 – be sure to include the name of the event and number in your party.

