



AIL PRESENTS . . . BUILDING BETTER BALANCE

Fall Prevention and Strength
with Dr. Hannah Willcutt

Staying steady on your feet is essential for overall well-being. In this interactive session, you'll learn practical, easy-to-apply strategies to improve balance, enhance stability, and reduce the risk of falls. Through guided exercises and simple techniques you can continue at home, you'll learn ways to strengthen key muscle groups, improve coordination, and move with greater assurance in your daily life. Please wear comfortable clothing suitable for gentle movement.



Monday, April 6, 2026

3:00 p.m.

AIL Classroom, Lethbridge Lodge
Limited Seats. Registration Required
AIL Members \$10 | Guests \$15

Learn more and register at
www.ailesc.com/register

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