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# Silvermont to host fall prevention activity

Silvermont Senior Center will be hosting a fall prevention activity lead by Diana Grimm from FYZICAL Therapy and Balance Centers. In celebration of National Senior Health and Fitness Day, the event will

take place on Wednesday, May 15, from 10 a.m. to 11 a.m. at Silvermont Senior Center. Grimm will lead games of bingo with fall prevention tips and prizes. After the bingo games everyone who participated

in the Stride for your Health program will be celebrated.

For any questions or to register, please contact Brenda Skeffington at (828) 884-3166 or [Brenda.skeffington@transylvaniacounty.org](mailto:Brenda.skeffington@transylvaniacounty.org)