SAN LUIS OBISPO COUNTY COMMISSION ON AGING

Presents…

Stabilization, Fall Prevention, and Strengthening Training for Seniors

Presenter/Trainer:

Sonya Yokes, MPT, CLT

Central Coast Home Health

Physical Therapist, Certified Lymphatic Therapist

10:00 a.m. Wednesday, November 18, 2026

DSS Building, 3433 South Higuera Street, Room #101, SLO.
Three-story building on the corner of Higuera and Prado Road.
Entrance to room #101 is on the north (left) side.

Public is welcomed and encouraged to participate in Q&A following the presentations.

Questions?

Please email: slocommissiononaging@gmail.com

Or visit: https://www.slocounty.ca.gov/coa