



# **SAN LUIS OBISPO COUNTY COMMISSION ON AGING**

## **Presents...**

**Strength and Balance Techniques for  
Fall Prevention and Healthy Aging  
*Demonstration and Group Participation!***

**Presenter:**

**Michelle Zulim-Clark, M.S. Kinesiology  
Health Education Specialist II**

**10:00 a.m. Wednesday, April 26, 2023**

**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](mailto:slocommissiononaging@gmail.com)  
Or visit: [www.slocounty.ca.gov/coa.htm](http://www.slocounty.ca.gov/coa.htm)**