

Quay County Health Council

September Wellness Workshops

Protect Yourself from Fall Injury

**Join us for a short workshop to
learn simple things you can do
to protect yourself from Falls.**

 **September 8 at 11:00 am
San Jon Senior Center**

 **September 9 at 10:00 am
Tucumcari Railroad Depot**

 **September 11 at 12:30
Logan Senior Center**

**Participants will receive a
related item and snack.**

QCHC Working
For A Healthier
Community

