Lecture to emphasize balance and fall prevention

Balance and Fall Prevention is the topic of a free wellness lecture being put on by Barton Health.

What allows us to balance and what prevents us from falling? Learn the answers at the Oct. 8 talk.

Physical therapist Juliana Macan will talk about the components that make up balance, and share exercises to improve balance and prevent vertigo and dizziness.

The free talk is from 6-7pm in the board room at Lake Tahoe Community College in South Lake Tahoe.