



Healthy Steps for Older Adults

A falls risk reduction program

Learn about...

- The causes of falls
- How to prevent falls
- Safely exercising in the home
- Home safety, medication & foot checks
- And MORE!

Participants will...

- Be assessed for fall risk
- Complete exercises to build strength, stability & balance
- Go away with a free textbook & resources
- And MORE!

Sign up today!

Stewartstown Senior Center
26 S. Main St.
Stewartstown, PA 17363

October 17th **AND** 24th
This is a 2 session program.

1PM — 3PM

To register call
The Senior Center
717-993-3488

There is no fee for this program.

*** For those 60+ years of age ***

