



# 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!**

**A Virtual Workshop**

March 18 **AND** March 25, 2022

**This is a 2 session On-line Class using your computer, laptop, iPad or tablet**

**Computer camera & Internet access is necessary**

**1:00PM—3:00PM**

**Register by March 1st**  
**Call Faye at 717-771-9610**

There is no fee for this program.

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

