



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!

Hayshire United Church of Christ
100 Haybrook Drive
York, PA 17406

June 28 **AND** July 5, 2022

This is a 2 session class

10:00am—12noon

Call Faye by 6/20 to register
717-852-4902 X-1044

There is no fee for this program.

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

