



HEALTHY STEPS FOR OLDER ADULTS

@ York County 911 Center, York

Healthy Steps For Older Adults reduces fall risks by raising awareness about causes of falls and how to prevent them. Participants learn how to exercise safely at home and are provided information on ways to improve their health and well-being. Discussions include home and medication safety, as well as appropriate footcare/footwear. Physical skills screening will be done to learn more about their risk for falling. Referrals and additional resources are also available.

You should attend both sessions.

This class has 2 sessions:

December 2 & 9

1 pm - 3 pm

Snow Date December 13th

This class will meet at:

York County 911 Center

120 Davies Drive

York, PA 17402

TO REGISTER BY NOVEMBER 22ND

Call Faye at **717-852-4902 x1044**

RSVP with your name, phone #, the class name, and location you wish to attend.