



HEALTHY STEPS IN MOTION **@ St. John's Blymire's UCC,** **Dallastown**

Healthy Steps In Motion is an exercise-focused balance improvement and fall prevention program. There are 3 levels of exercise to enable participants to continue HSIM for as long as they like. Participants will take part in physical skill screenings to determine their fall risk. HSIM strives to reduce the risk of falling by building body strength, increasing flexibility and improving balance.

This class has 8 sessions:

October 4, 6, 11, 13, 18, 20, 25, 27
1 pm - 2 pm

This class will meet at:

St. John's Blymire's United Church of Christ
1009 Blymire Road
Dallastown, PA 17313

TO REGISTER BY SEPTEMBER 26TH

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

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