

**FREE FALL
PREVENTION
WORKSHOP
FOR 60+**



**HEALTHY STEPS
FOR OLDER
ADULTS**

**MONDAY, MAY 18 &
TUESDAY, MAY 19
9AM - 11:30AM**

MUST ATTEND BOTH DAYS

WHAT YOU GET

- 2-day workshop
- Handbook
- Fall risk assessment
- Learn to do exercises safely
- Resource information

**LOCATION:
CENTRAL PENN BANK
COMMUNITY ROOM
250 E. CHESTNUT ST.
MIFFLINBURG
17844**

**MUST
REGISTER BY
CALLING
570-524-2100**



**Union-Snyder
Agency on Aging, Inc.**