

# Health & Wellness Presents: Healthy Steps for Older Adults FALL PREVENTION

**Pre-registration is  
required, please  
call 1-800-982-4346  
by March 18th**

March 22nd, 2019  
9:00 AM—3:00 PM

Elk Lake American Legion  
State Route 3001  
Montrose, PA 18801

Lunch will be provided.  
*(reservations required)*



This program is designed to improve overall health by providing you with referrals and resources, instruction of proper exercise techniques, as well as raising awareness of falls with steps on how to reduce falls and recovering from falls.

*Participants will receive a guide with information and instructions.*



B/S/S/T Area Agency on Aging, Inc.  
220 Main St. Unit 2 , Towanda, PA 18848  
(570) 265-6121, 1-800-982-4346

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