

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

**Pre-registration is
required, please
call 1-800-982-4346
by April 21st, 2019**

April 26, 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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