

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

**Pre-registration is  
required, please  
call 1-800-982-4346  
by April 4th**

Tuesday, April 9th  
Thursday, April 11th  
9:00 AM—11:30 AM

Millerton Senior Center  
37 Back Street  
Millerton, PA 16936

Lunch will be provided.  
*(reservations required)*



This 2 day class 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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