

# Healthy Steps for Older Adults



Southwestern Pennsylvania Area Agency on Aging, Inc.  
Serving Fayette, Greene and Washington Counties  
is offering a free falls-prevention workshop at the following location:

## Beth Center Senior Center

316 Station St., Vestaburg, PA 15368

Wednesday, Oct. 18<sup>th</sup>

9:30 a.m. - 2:30 p.m.



**Are you at risk of falling?**

**Have you fallen in the last year?**

**Do you have trouble with balance or with getting around?**

**Are you afraid of falling?**

*Our falls-prevention program can help.*

*Sign up for a FREE Healthy Steps for Older Adults Workshop!*

**SPACE IS LIMITED - REGISTRATION IS REQUIRED.**

~~~~For more information or to register for the workshop~~~~

CONTACT:

Patti Mounts, Health & Wellness Coordinator  
Southwestern PA Area Agency on Aging, Inc.  
[pmounts@swpa-aaa.org](mailto:pmounts@swpa-aaa.org) or call 724-228-7080