

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:

Center in the Woods Senior Center

130 Woodland Court, Brownsville, PA 15417

Wednesday, Nov. 8th 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:

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