



**CLEARFIELD COUNTY AREA AGENCY ON AGING, INC**

## **HEALTHY STEPS FOR OLDER ADULTS**

### **Fall Prevention Program**

**Dates:** Monday - June 14 & Friday - June 18, 2021

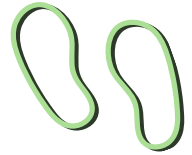
**Time:** 10:00 AM - 12:00 PM

**Place:** Susquehanna Wellness Clinic

28944 Frenchville Karthaus Highway

Frenchville, PA 16836

Phone (814) 765-2696



## **HEALTHY STEPS FOR OLDER ADULTS (HSOA)**

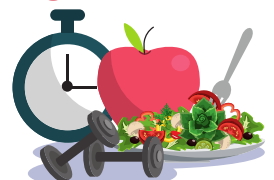
### **ADDRESSES MANY COMMON CAUSES OF FALLS:**

- This class is a fall prevention program which promotes health and offers guidance to enable older adults to remain as independent as possible for as long as possible.
- Participants can be 50 years and older.
- This class is provided via a physical skills screen.
- It will raise awareness of fall causes and you will learn ways to prevent falls.
- Provides opportunities and ideas for physical activities.
- Includes exercises and movement throughout the two hours.

**THIS IS A TWO SESSION SERIES. PLEASE PLAN ON ATTENDING BOTH SESSIONS TO GET THE FULL BENEFIT OF THE COURSE.**



**CLASS SIZE IS LIMITED**



**FOR MORE INFORMATION OR TO REGISTER, PLEASE CALL THE  
CLEARFIELD COUNTY AREA AGENCY ON AGING AT (814) 765-2696  
AND ASK FOR BRITTANY OR LAURA**