

Is fear of falling keeping you from doing the things you used to enjoy?

The Allegheny Community Center is offering

a program to prevent falls called: **HEALTHY STEPS FOR OLDER ADULTS:**

HEALTHY STEPS is a free program to prevent falls and promote health and wellness for adults ages 50 and up. This includes: making our homes safer, managing medications, and learning how to improve strength and balance. Learn about your risk for falling, and learn Healthy Steps that you can take to prevent falls.

You also receive a free 64-page Guide to Preventing Falls.

Join us at the ACC for this 2-day class on

Wednesday, June 7th and Wednesday, June 14th from 2pm to 4pm.

To pre-register call the ACC at 814-723-4180

For questions call Joy Wiedmaier at 814-723-3763 Ext 125