

Healthy Steps for Older Americans

A Program to Prevent Falls



WHEN: Thursday, November 30, 10am-2pm (Free lunch included)

WHERE: Reading Public Library Southeast - 1426 Perkiomen Ave.

Have fun while learning what steps you can take to prevent falls.

CLASS INCLUDES:

- Home safety analysis
- Medication safety
- Exercise program
- Personal fall risk screening
- Fall action plan

To register by November 27 call Berks Agency on Aging at 610.478.6500 or Reading Public Library Southeast at 610.655.6362.

