

# Healthy Steps for Older Americans

A Program to Prevent Falls



**WHEN:** Thursday, April 11, 10am-2pm (Free lunch included)

**WHERE:** Reading Public Library Southeast - 1426 Perkiomen Ave.

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*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 April 8 call Berks Agency on Aging at 610.478.6500 or Reading Public Library Southeast at 610.655.6362.



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