

GECAC 60 Years

pennsylvania DEPARTMENT OF AGING



GECAC is offering FALL PREVENTION WORKSHOPS

The Healthy Steps For Older Adults (HSOA) Workshops

are for adults 60 years and better who would benefit from understanding the various aspects of safety modifictions, safe footwear, nutrition for bone health, exercise and more.

Call the Senior Center for questions and to make reservations.
Lunch and refreshments will be provided.

SENIOR CENTER LOCATIONS

GECAC Northwestern Sr. Center, 9 Academy St., **ALBION**	**Fri. April 11th • 9 a.m. to 2 p.m.**	**814-756-5373**
GECAC Union City Sr. Center, 27 Johnson St., **UNION CITY**	**Thur. April 17th • 9 a.m. to 2 p.m.**	**814-438-2146**
GECAC North East Sr. Center, 50 East Main St., **NORTH EAST**	**Mon. April 21st • 9 a.m. to 2 p.m.**	**814-725-5195**
GECAC Tri-Boro Sr. Center, 7555 W. Ridge Rd., **FAIRVIEW**	**Mon. April 28th • 9 a.m. to 2 p.m.**	**814-474-2211**
GECAC RBW Central City Sr. Center, 823 Peach St., **ERIE**	**Wed. May 29th • 10 a.m. to 2:30 p.m.**	**814-451-5633**
GECAC Erie West Senior Center, 1210 W. 8th St., **ERIE**	**Mon. June 2nd • 9 a.m. to 2 p.m.**	**814-451-5634**