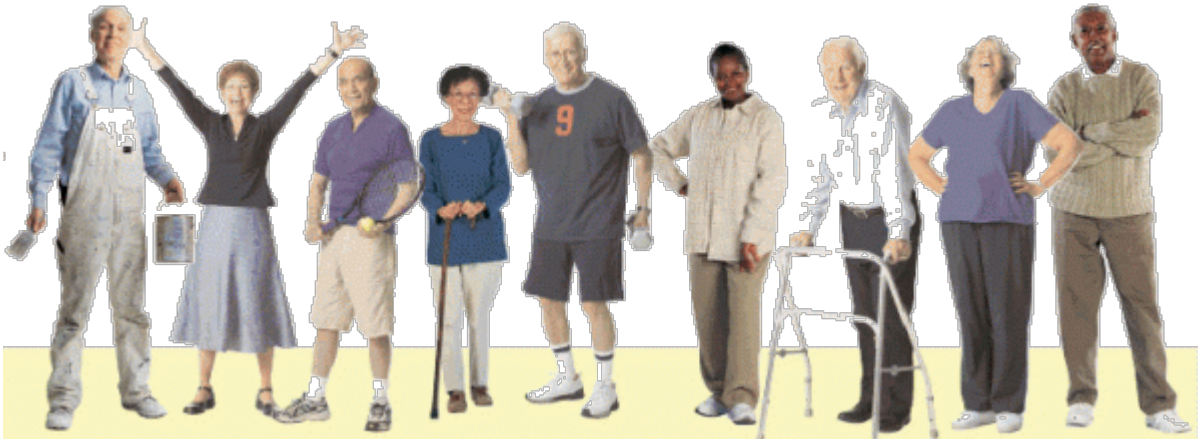


Healthy Steps for Older Adults

A falls risk reduction program

Learn about...

- The causes of falls
- How to prevent falls
- Safely exercising in the home
- Home safety, medication & foot checks
- And MORE!

Participants will...

- Be assessed for fall risk
- Complete exercises to build strength, stability & balance
- Go away with a free textbook & resources
- And MORE!

Sign up today!

Where: Windy Hill Senior Center
1472 Roth's Church Rd. Spring Grove

Thursday November 19, 2026
AND
Tuesday November 24, 2026
9:30-11:30am

To register:
Lauren at 717-855-0479

This is a 2 session program.
Registration is required

There is no fee for this program.
For those 60+ years of age

YORK COUNTY Serving Older Adults AREA AGENCY ON AGING