

## **HEALTHY STEPS FALL PREVENTION PROGRAM TRAINING SCHEDULED**

The Clearfield County Area Agency on Aging, Inc. and the Erie Center for Health and Aging will be presenting a one-day workshop on preventing falls and helping consumers to stay independent. This program is open and free to individuals 50 years of age and older. If an individual completes this entire workshop, he/she will receive a \$20 incentive award. In addition, if an individual brings a friend who has never before attended the local center holding the workshop, the person bringing the friend will receive an additional \$10.

The Clearfield Center for Active Living's workshop will be conducted at the Salvation Army building at 119 Byers Street in Clearfield on July 11 due to sidewalk renovation work at its 103 North Front Street location. The workshop will run from 9:30 a.m. - 11:30 a.m. and 12:30 p.m. - 2:30 p.m. Participants should bring a copy of their current medication list and Access medical card, if they have one.

Additional Healthy Steps Fall Prevention programs will be offered at the Mahaffey Center for Active Living on Thursday, July 12, at the DuBois Senior and Community Center on Friday, July 13, and at the Kylertown Center for Active Living on Friday, July 20. The times are the same at all locations.

Individuals who are 50 years of age or older will find this program to be useful and are encouraged to attend. Those individuals who are interested in eating lunch at a center are asked to call at least one day before the date of the program to make their reservation for lunch. Any individual over the age of 60 may reserve a lunch and contribute to the cost of the meal on a donation basis. Anyone under 60 years of age will be asked to contribute \$3.00 towards the cost of the meal.