



Choices Today • Options Tomorrow

Healthy Steps for Older Adults

WHEN: June 10th

TIME: 12:30pm-4:30pm

**WHERE: LAKES AREA SENIOR
CENTER**

COST: CONTRIBUTIONS WELCOME

Registration Required!

For more information or to register

Call or email:

Carol Orris

641-847-4282

corris@elderbridge.org

MASON CITY • FORT DODGE • SPENCER • CARROLL

**CALL US TODAY! 800-243-0678
WWW.ELDERBRIDGE.ORG**

1. HSOA is an evidence-based fall risk screening and education class

2. The program consists of two 2-hour workshops focused on fall prevention

3. Topics covered include:

- Proper footwear
- Safety at home
- Good nutrition for bone health
- Importance of exercise

4. Participants will also learn at-home exercises to improve strength and balance

5. By participating in HSOA, you can equip yourself with the knowledge and skills to lead a full and active life, free from the fear of falling

6. Each participant will receive a comprehensive program handbook filled with valuable information

