

Healthy Steps for Older Adults



You Can Prevent Injuries and Falls

This program is about preventing falls and injuries and staying healthy and active. You'll learn how some of the things you already do may help prevent falls. And you'll learn new tips that fit easily into your daily routine.

Free Zoom Virtual Classes will be offered soon

Do you live in Cameron, Elk, or McKean County?

Are you 60 years old or older?

Interested? Want to participate? Need more information?

Call or email

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Studies show that fear of falling can make people more likely to fall. This is because they become less active and then their muscles get weaker. However, there is a lot you can do to prevent falls.

That's what this program is all about.