



SteppingOn

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Building Confidence, Reducing Falls

What

- **Fall Prevention program**
 - Meeting once a week for 7 weeks
 - For anyone 60 or older that lives independently
 - Learn exercises and strategies to help maintain strong, active, and independent living
 - Local guest experts such as physical therapist, pharmacist, and Optometrist
 - It's **FREE!**

When

- **Sept. 8 - Oct. 20**
(every Thursday)
- **12:30 am- 2:30 pm**

Where

Springville Senior Center
65 E 200 S, Springville, UT

**MUST REGISTER FOR THE WORKSHOP AT
WWW.LIVINGWELL.UTAH.GOV OR BY CALLING 801-851-7528
SPACE IS LIMITED**