From: Aislynn Tolman-Hill
To: Aislynn Tolman-Hill
Subject: MEDIA BRIEF: Stepping On (fall prevention)
Date: Tuesday, March 10, 2020 7:28:24 AM

WHO: Seniors and other at risk for falls

WHAT: Stepping On Program. Free seven-week class that will meet for 2 hours weekly.

WHEN: April 30 – June 18 (Skip June 11) (9:30 am- 11:30 am)

Must Register! Call 801-851-7528 or online www.livingwell.utah.gov

WHERE: Springville Senior Center

65 E. 200 S.

Springville, UT

WHY: This program can help individuals 65 and older to avoid dangerous and costly falls so that they can keep doing the things they love to do. Those that participate will be able to identify and remove or avoid fall hazards in their home and outside. They can also learn about how vision, hearing, medications, and footwear can affect their risk for falls. These are just a few of the topics covered in the program.

This email was sent to aislynnt@utahcounty.gov
Utah County Health Department, 151 S University, Suite 2700, Provo, UT 84061, United States
Unsubscribe