

Every 19 minutes an older adult will die from a fall!

Act now to prevent falls!



This life-changing 4-hour  
Healthy Steps for Older Adults  
workshop is coming to your neighborhood!

**What:** Healthy Steps for Older Adults, fall prevention class

**When:** Thursday, November 30, 2023

**Time:** 10:00 am – 2:00 pm (lunch included)

**Where:** Southeast Branch, Reading Public Library

**Register:** Call the Berks County Area Agency on Aging  
610-478-6500 or at the RPL-Southeast Library 610-655-6362  
By Monday, November 27, 2023



More than a third of adults over age 65 fall each year.

Half of older adults who suffer a hip fracture, due to a fall, are never able to live independently again.

**Don't be a statistic – sign up now!**



**Falls prevention class includes:**

- Home safety analysis
- Personal fall risk screening
- Medication safety
- Fall action plan
- Exercise program

**FREE LUNCH is included!**

