



# Healthy Steps for Older Adults



**New fall prevention program!**

Learn how to protect yourself and live a full and active life, free from the fear of falling.

**Tuesday, March 11, 2025  
9:00 a.m. - 2:30 p.m.**

Denver Public Library  
100 Washington Street  
Denver, IA 50622

Healthy Steps for Older Adults is an evidence-based fall risk screening and education class for older adults over 50.

Lunch will be served, and each participant will receive a program handbook with valuable information and multiple exercises to reduce the risk of falling.

**Class is offered at a suggested contribution of \$25. The deadline to register is March 5. For more information or to register, contact Missy Anders at 319-874-6893 or [manders@nei3a.org](mailto:manders@nei3a.org).**

## What to expect:

- Physical screening for fall risk
- Home fall safety checklist
- Medication management
- Exercises to improve strength and balance

