



Stepping On

Offered in Partnership with

Offered in Partnership with *Wabasha County Senior Action Team including representation from ACE Brain Fitness, Elder Network, Three Rivers Community Action, Saint Elizabeth's Medical Center, Wabasha Ambulance, Wabasha County Public Health, SHIP, United Way of Wabasha County and community citizens*



Register Today at www.WellConnectSEMn.org

Facebook/WELLCONNECTSEMn

info@wellconnectsemn.org

@wellconnectsemn

ABOUT: increase activity levels. Participants will set goals for increasing activity, discuss reducing fall risks in the home, learn exercises to increase strength and balance, and view falls as controllable. Workshops are interactive and focus on peer support.

TIME: Mondays, September 10 – October 22, 2018
9:45 a.m. – 11:45 a.m.

LOCATION: Faith Lutheran Church, 904 Hiawatha Drive E., Wabasha

For questions about this program or to register, call Wabasha County Public Health, 651-565-5200 or WellConnect at 507-251-3835
CONTACT: Health, 651-565-5200 or WellConnect at 507-251-3835
Cost: \$10.00