



# Healthy Steps in Motion

A **FREE** Exercise Workshop for Seniors (60+) provided by Laura Pride, Health and Wellness Coordinator for the Monroe County Area Agency On Aging



**For Strength & Balance**



**WHERE: Middle Smithfield Township Community and Cultural Center (Community Room)**

**WHEN: Thursdays- March 2, 9, 16, 23, 30, April 6, 13, and 20**

**TIME: 10:30 – 11:30 a.m.**

**Registration is required. Space is limited. Please call Laura Pride at 570-420-3746 to reserve your space!**

The Pennsylvania Department of Aging along with the Monroe County Area Agency on Aging offers this falls prevention exercise program to adults 60 years of age and older. The program is taught by Certified Workshop Leaders and is designed for people of all fitness levels. It consists of eight sessions. It starts with a warm-up, followed by strength and balance exercises and ends with a cool-down stretch. There are three levels of exercises, which enables participants to continue HSIM for as long as they like.

Healthy Steps in Motion (HSIM) strives to reduce the risk of falling by:

- Building body strength
- Increasing flexibility
- Improving balance

HSIM promotes increased socialization and physical activities outside of the program among participants. Join us for some fun and exercise!!