

HOLY SPIRIT PARISH

HEALTHY AGING

Your Way

**FALLS PREVENTION DAY
AWARENESS & SCREENING EVENT**

9.19.23



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Your Way

**2023 FALLS PREVENTION DAY
AWARENESS & SCREENING EVENT**

BROUGHT TO YOU BY:
THE PORTAGE COUNTY HEALTHY
AGING COALITION

FREE EVENT

NO.
PRICE: \$0
TUE. SEPT. 19, 2023
10 AM
HOLY SPIRIT PARISH
INCLUDES LUNCH

Healthy Aging Your Way is a FREE resource event designed to reduce falls and help people stay healthy and independent as they age. The event is open to all Portage County seniors and their caregivers, but pre-registration is required. Space is limited. Sign up as soon as possible to reserve your spot!

- To Register: Call the Aging & Disability Resource Center of Portage County by September 12th at (715)346-1401.
- To Register for a Free Bus Ride: Call Central Transportation by Monday, September 18th at (715)341-4490.

****Register by September 8th to receive four extra prize drawing tickets.***

****Bring this ticket in for four extra tickets.***

****The first 25 people to register will receive a special gift at the event.***