

HEALTHY AGING

Your Way

2023 FALLS PREVENTION DAY
AWARENESS & SCREENING EVENT

You're Invited!

09.19.23

Tuesday, September 19, 2023

10 a.m. - 1 p.m.

Holy Spirit Parish

2151 Stanley Street

Stevens Point





INVITES YOU TO A SPECIAL EVENT!

Please join us for a FREE resource event designed to reduce falls and help you stay healthy and independent as you age. Healthy Aging Your Way is open to all Portage County seniors and their caregivers. All activities are free. The event will include:

- Lunch
- Screening Services
- Community Resources
- Expert Speakers
- Freebies
- Drawing Prizes
- Shuttle Bus Rides
- And More!

Don't miss out on this opportunity to learn more about taking control of your health and aging well. Space is limited, so 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.

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

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

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

To Register for a Free Bus Ride: Call Central Transportation by September 18th at (715)341-4490.