

# save the date!

## 09.19.23

FREE  
EVENT!

### HEALTHY AGING

*Your Way*

### 2023 FALLS PREVENTION DAY AWARENESS & SCREENING EVENT

Tuesday, September 19, 2023  
10 a.m. - 1 p.m.

Holy Spirit Parish  
2151 Stanley Street  
Stevens Point



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 space is limited. Sign up as soon as possible to reserve your spot!

Lunch: Chicken & Vegetable Rotini with Garlic Parmesan Sauce, Roasted Green Beans & Carrots, and a Fresh Side Salad. Frozen Yogurt "Bark" with Berries for dessert.

Pre-Register with the ADRC of Portage County by September 12th  
(715) 346-1401

Register with Central Transportation by September 18th for a FREE Shuttle Bus Ride  
(715) 341-4490

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

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

**- EXPERT SPEAKERS - SCREENINGS - RESOURCES - PRIZES - LUNCH - FUN -**