

WILLIAMSPORT SUN-GAZETTE

STEP Centers for Healthy Aging partner with James V. Brown Library

This fall, STEP's Centers for Healthy Aging will partner with the James V. Brown Library to offer a two-part class aimed at preventing falls.

"Healthy Steps for Older Adults: A Program to Prevent Falls" will be offered from 1-3 p.m. Oct. 11 and 18, at the library, 19 E. Fourth St., in the Lowry Room. Participants in the two-part program will learn how to reduce their risk of falling by making their homes safer, managing medicines and improving strength and balance.

Registration is required and can be done by calling the library at 570-326-0536 or online at calendar.jvbrown.edu.