



GECAC IS OFFERING FALL PREVENTION WORKSHOPS

The Healthy Steps For Older Adults (HSOA) Workshops are for adults 60 years and better who would benefit from understanding the various aspects of fall prevention including home safety modifications, safe footwear, nutrition for bone health, exercise and more.



RBW Central City Sr. Center
823 Peach St., Erie
Wed. May 15th
10 a.m. to 2:30 p.m.
814-451-5633

Corry Sr. Center
25 S. First Ave., Corry
Mon. May 20th
9 a.m. to 2 p.m.
814-664-2477

North East Sr. Center
50 E. Main St., North East
Mon. May 20th
9 a.m. to 2 p.m.
814-725-5195

Northwestern Sr. Center
9 Academy St., Albion
Fri. May 31st
9 a.m. to 2 p.m.
814-756-5373

Erie West Sr. Center
1210 W. 8th St., Erie
Mon. June 3rd
9 a.m. to 2 p.m.
814-451-5634

Tri-Boro Sr. Center
7555 W. Ridge Rd., Fairview
Mon. June 10th
9 a.m. to 2 p.m.
814-474-2211

**Call the Senior Center number listed for questions and to make reservations.
Lunch and refreshments will be provided**



Pennsylvania Department of
Aging