

# *Want to avoid falling this spring?*

**Wednesday, March 6**  
**10:00 a.m. to 2:30 p.m.**  
Second Avenue United  
Methodist Church  
130 Second Avenue, Altoona

Falls are the leading cause  
of injury for older adults.  
Learn how to reduce the risk  
of falling for those age 50 and  
older.

Call Aubrey at 946-1235  
for more information  
and to sign up.



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