



Elk Run Assisted Living Community is partnering with Evergreen Fire Rescue to offer a FREE community program.

Stepping On

is a 7 week proven fall prevention program for seniors taught by Evergreen Fire Rescue Paramedics.

Program Dates:

Mondays 10 am to 12 pm
March 4, 11, 18, 25, and
April 1, 8, 15

Refreshments and snacks provided!



STEPPING ON

Stepping On © Clemson and Swann 2008

Free to the public but registration is required:
Register at
www.elkrunassistedliving.com/steppingon
or call Lisa Carter at 303-679-8777 or email
Lcarter@augustanacare.org