

Why Join Stepping On!



7 week class of fun and fitness!

- Build confidence
- Reduce falls
- Improve strength
- Improve balance
- Decrease fear of falling
- Tons of fun



Don't miss out! Space is limited.
A three-month booster class & Pot
Luck Luncheon will be held on
November 14, 2018!

Stepping On

Classes Offered by
Washington Co. Health
Dept.
at
Boonsboro
Community Life Center
28 N. Main Street

Weekly classes beginning
July 11, 2018
From 10 a.m. - noon

Classes are FREE-
Call Danielle Poole
to register:
240-313-3302