

PrimeTime Health

is an exciting program.

Older Pennsylvanians are

staying healthy, active

and independent through

activities that are fun and

informative. PrimeTime

activities are available

throughout the state. You'll

meet new friends and learn

to live healthier. You're

welcome at PrimeTime

programs any time!

Healthy living

never goes out

of style!

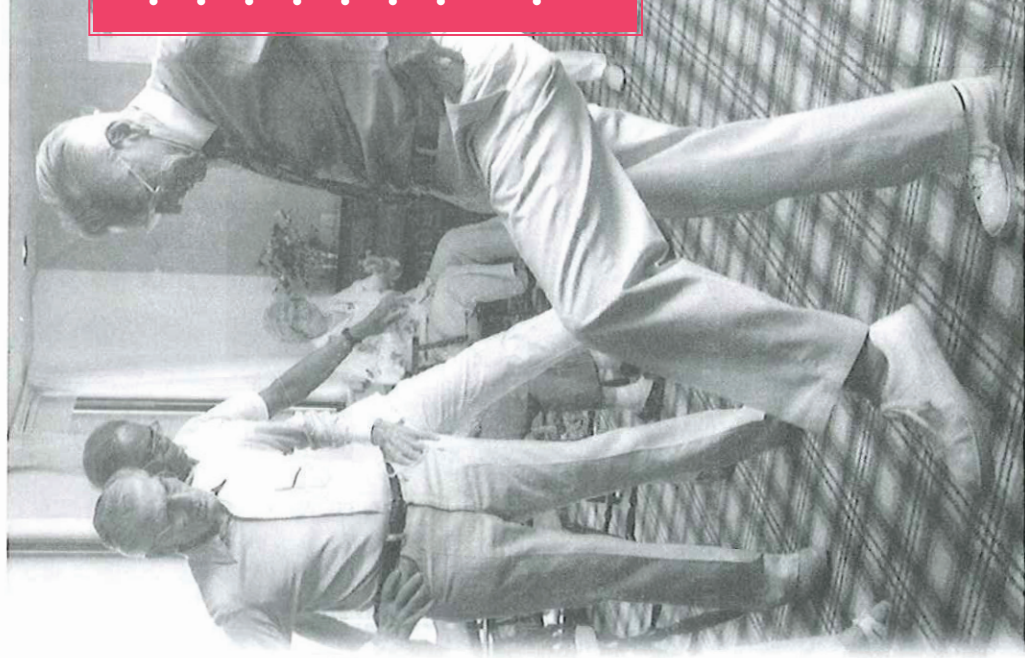


A program of the
Pennsylvania Department of Aging.



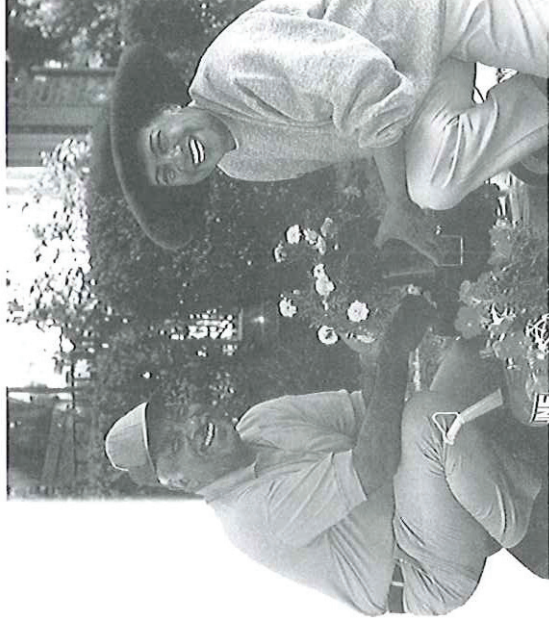
Make time for PrimeTime today!

PrimeTime Health programs cover a wide range of topics that are important to people as they get older. There's a PrimeTime Health program that's right for you. You'll get valuable information and have fun.



- Line Dancing
- Weight Resistance Training
- How to Talk Openly with Your Doctor
- Health Screenings
- Medication Management
- Weight Wise Program
- Healthy Steps for Older Adults Fall Risk Reduction Program
- Healthy Steps in Motion Exercise Program

PrimeTime Health programs are available in your community throughout the year. Your friends and neighbors attend PrimeTime activities.



Call Today!

To find out about PrimeTime programs in your area, contact your local area agency on aging, located in the Blue Pages of your telephone book under "Aging."

PrimeTime programs are a great way to live healthier and have fun.

And after all...Healthy living never goes out of style.