The following counties offer these programs. Please contact your AAA for more information:

Allegheny	Healthy Steps for Older Adults Healthy Steps in Motion
Beaver	Healthy Steps for Older Adults
Berks	Healthy Steps for Older Adults Healthy Steps in Motion
Blair	Healthy Steps for Older Adults Healthy Steps in Motion
Cameron, Elk, McKean	Healthy Steps for Older Adults Healthy Steps in Motion
Centre	Healthy Steps for Older Adults Healthy Steps in Motion
Clearfield	Matter of Balance Healthy Steps in Motion
Crawford	Healthy Steps for Older Adults Healthy Steps in Motion
Erie	Healthy Steps for Older Adults
Lancaster	Healthy Steps for Older Adults Healthy Steps in Motion
Luzerne/Wyoming	Healthy Steps for Older Adults Healthy Steps in Motion
Lycoming	Healthy Steps in Motion
Mifflin/Juniata	Health Steps in Motion
Monroe	Health Steps for Older Adults
Montgomery	Healthy Steps for Older Adults
Philadelphia	Healthy Steps for Older Adults

Potter	Healthy Steps in Motion
Schuylkill	Healthy Steps for Older Adults
Southwest	Healthy Steps for Older Adults Healthy Steps in Motion
Wayne	Healthy Steps for Older Adults Healthy Steps in Motion
York	Healthy Steps in Motion Matter of Balance

Training and supplies for both of these programs is free to AAA centers who wish to offer the program(s). For more information on starting *Healthy Steps for Older Adults or Healthy Steps in Motion*, please contact Lois Shelton at lshelton@pa.gov.

Some quotes from centers who have offered the Healthy Steps programs:

"Our most popular program continues to be the Healthy Steps in Motion (HSIM) Program."

"Healthy Steps is an on-going popular program that our members enjoy. We are asked on a regular basis to continue yearly with this program. Seniors feel this improves their physical well-being and lowers their risks of falls."

"The program that was most successful countywide was Healthy Steps for Older Adults." ". . . here are some measurable changes that occurred in one center this year: 37% reporting an increase in knowledge about fall prevention; 89% reporting an increase in exercise; and 89% reporting improved diet as a result of attending the workshops."