

FREE Program Open to the Public

Get Limber, Prevent Falls!

Stay healthy and in your home



Monday, September 22, 2025

1:00 - 2:30 p.m.

**Manawa Municipal Center
500 S. Bridge Street
Manawa, WI 54949**

**Sponsored by the Waupaca County Association for Home
and Community Education (HCE)**

Program Highlights:

- **Maintain good balance and build strength**
- **Learn how to get up safely**
- **Consider simple home improvements**

Questions?? Call Marilyn Herman, (920) 596-3594