



**Herkimer County  
Falls Prevention  
STEP UP TO STOP FALLS**  
The Community Foundation of Herkimer & Oneida Counties  
Wesley & Marion Small Fund



**Tai Chi Exercise Classes**  
*(For Arthritis & Fall Prevention)*

Begins on  
Tuesday July 9th, 2019

Holy Family Parish  
763 E. Main St, Little Falls  
Little Falls NY 13365

In the Gym  
From 1:30– 2:30 PM

**The class will run Tuesday & Thursday for 8 weeks**  
If you want to improve your strength & balance come join us!  
Please call to register for the class.  
There will be a limit of 25 participants, so Register Early!

Call Herkimer County Office For the Aging  
At **315-867-1371**



The instructors will be:  
*Alison J. Swartz, Herkimer County Healthnet*  
*Jackie Murphy, Herkimer County Office for*  
*the Aging*