

# Smart Steps

**FREE**

## How to prevent slips, trips, and falls

Join us to connect with wellness experts over hot coffee and breakfast! Enjoy dynamic speakers, a chair exercise demonstration, and an opportunity to visit with Aiken's finest vendors who cater to our senior community.



## Featured Speakers

**Carol Gerson**

Creator of Ageless Grace: Brain & Body Fitness

**Kelly Tunison**

Physical Therapist, DPT at Aiken Regional Medical Center's Hitchcock Outpatient Rehabilitation Center

## Details



Thursday, May 16, 2024



9:00 am - 12 pm



Registration is required

Register at Lessie B. Price Center or Odell Weeks Center



Lessie B. Price Aiken Senior & Youth Center

841 Edgefield Ave. NW Aiken, SC



803-643-2181

Hours: Monday - Friday | 8 am - 5 pm



**TEXT "PLAY"**  
(803)989-7779

The City of Aiken Department of Parks, Recreation, and Tourism invites people of all ability levels to enjoy programs, parks, and facilities. Individuals needing special assistance to participate should notify PRT Administrative Office 48 hours in advance.

