

Salt Lake County Aging & Adult Services

Health Promotion Awareness Open House

Tuesday, January 23, 2018

10:00 AM—11:30 AM

USU Extension Training Room
SI-950

*EnhanceFitness Exercise Class Demos at 10:15 am;
10:45 am and 11:15 am.

*Fall Prevention Ideas

*Free Fitness Testing

*Participation Prizes

*Self-management toolkit



Contact Us: (385) 468-3084 slco.org/aging