



Five County Health Prevention Kickoff Party



Wednesday September 9, 2015

Cedar City Senior Center Senior Center

489 East 200 South, Cedar City (435) 586-0832

Party begins at 11:00 AM

Meet: Stepping-on Leaders

Try out: Arthritis Exercise Class and Tia Chi

**Be introduced to: “Living Well” Chronic
Disease Self-management programs including
pain Management and Diabetes**

**Information: will be available on Medicare, In-
Home Services, RCI REACH program and
becoming a Senior Companion**



Five County Health Prevention Kickoff Party



Thursday September 10, 2015



St. George Senior Center

245 North 200 West, St. George (435) 634-5743

Party begins at 11:00 AM

Meet: Stepping-on Leaders

Try out: Arthritis Exercise Class and Tia Chi

**Be introduced to: “Living Well” Chronic
Disease Self-management programs including
pain Management and Diabetes**

**Information: will be available on Medicare, In-
Home Services, RCI REACH program and
becoming a Senior Companion**