



SENIOR CARE PROGRAM



**MARION COUNTY
PUBLIC HEALTH
DEPARTMENT**

Prevent. Promote. Protect.

**HEALTHY HOMES,
ENVIRONMENTAL CONSUMER MANAGEMENT
& SENIOR CARE**

TAKE STEPS TO AGE HEALTHY AT HOME

The Senior Care program aims to assist the elderly population (55+) in Marion County to live safely and independently in their own homes and communities.

FREE Community based group lessons

- Steps to age healthy and independently at home
- Fall risks
- Respiratory risks
- Nutrition class
- Mental wellness
- Staying fit through the Stepping On Exercise program
- Group activities in the community
- Dental hygiene class
- Dietitian consultation
- Food bank resources

WE OFFER AT NO COST

- Home environmental risk assessments for hazards that the elderly may encounter.
- Educational lessons and referrals for older adults in Marion County.
- Green healthy cleaning kit, low-cost health and safety supplies, while still available.

Contact us

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