

## **Healthy Steps**

Available 24/7

No

Other Eligibility Criteria

Must be an existing JABA client.

Intake Contact Email

llewis@jabacares.org

Intake Process

Call local Community Senior Center or check the JABA website to confirm time and location that Healthy Steps is offered.

Provider Refer

No

Qualifications

Report Problems

Call the Agency

Self Refer

Yes

JABA (Jefferson Area Board for Aging)

<https://www.jabacares.org/>

<https://www.facebook.com/jaba.charlottesville/>

JABA (@jabacares) / Twitter

Main

(434) 817-5222

Toll-Free

(833) 559-2428

674 Hillsdale Drive

Suite 9

22901 VA

United States

Monday: 8:30 am-4:30 pm

Tuesday: 8:30 am-4:30 pm

Wednesday: 8:30 am-4:30 pm

Thursday: 8:30 am-4:30 pm

Friday: 8:30 am-4:30 pm

Saturday: Closed

Sunday: Closed

Additional Availability Comments

Call to verify time for Health Steps.

Fee Structure

No Fee

Languages Spoken

English

Healthy Steps for Older Adults (HSOA) is an evidence-based falls prevention program that combines accessible exercise, dance, and music. The program is designed to raise participants' fall prevention knowledge and awareness, introduce steps they can take to reduce falls and improve their health and well-being, and provide referrals and resources. Workshops are offered to interested individuals at each JABA community centers in person and virtually. Healthy Steps for Older Adults provides a falls risk screening assessment and addresses many common causes of falls: environmental safety, balance, strength, flexibility, and endurance; nutrition; foot health; sensory difficulties (vision/hearing); side effects of medication, health status/disease states, including substance use; the need to maintain an active lifestyle; social connectedness; and mental and spiritual well-being.

Service Area(s)

Albemarle County

,

Charlottesville City

,

Fluvanna County

,

Greene County

,

Louisa County

,

Nelson County

Email

[info@jabacares.org](mailto:info@jabacares.org)