**STEPPING ON**

Stepping On is a program that empowers mature adults to carry out healthy behaviors that reduce the risk of falls, improve self-management and increase quality of life. This program is facilitated by two trained leaders, along with guest experts in physical therapy, vision, pharmacy, and community safety. It is a community-based workshop offered once a week for seven weeks using adult education and self-efficacy principals.

**St. Mark’s Church**
105 Randall Rd, Shoreham
Wednesdays 10:00am-12:00pm
Mar 7, 14, 21, 28 Apr 4, 11, 18
To register call 631-853-6472

**North Babylon Public library**

815 Deer Park Ave, North Babylon

Fridays 10:30am-12:30pm

Mar 16, 23, Apr 6, 13, 29, 27 May 4 To register call 631-669-4020

**Elwood Library**

3027Jericho Tpk, Elwood

Thursdays 1:30pm-3:30pm

Mar 22, 29 Apr 5, 12, 19, 26 May 4

To register call 631-499-3722

**Stony Brook** **Southampton SUNY Campus**

Library at 39 Tuckahoe Rd, Southampton

Fridays 10:00am-12:00pm

Mar 23, 30 Apr 6, 13, 20, 27 May 4
To register call 631-444-8385

**Northport-East Northport Library**
151 Laurel Ave, East Northport
Tuesdays 1:30pm-3:30pm
Apr 17, 24 May 1, 8, 15, 22, 29
To register call 631-261-6930

**West Babylon Public library**

211 Route 109, West Babylon

Thursdays 10:30am-12:30pm

May 3, 10, 17, 24, 31Jun 7, 14

To register call 631 669-5445

**John Jermain Memorial Library**
201 Main St., Sag Harbor
Thursdays 10:30am-12:30pm
May 10, 17, 24, 31 Jun 7, 14, 21
To register call 631-725-0049

**Huntington Library**

338 Main St, Huntington

Mondays 10:00am-12:00pm
Jun 4, 11, 18, 25 July 2, 9, 16
To register call 631-427-5165 ext. 256

**Setauket Fire Department**
394 Nicolls Rd, Stony Brook
Fridays 1:00pm-3:00pm
Jun 1, 8, 15, 22, 29, Jul 6, 13
To register call 631-444-8385

**Stony Brook Specialty Care**
500 Commack Rd, Commack
Tuesdays 9:30am-11:30am

Jun 5, 12, 19, 26, Jul 3, 10, 17

To register call 631-444-8385

**West Islip Library**

3 Higbie lane, West Islip

Thursdays 10:00am-12:00pm

Jul 5, 12, 19, 25 Aug 2, 9, 16

To register call 631 661-3335

**TAI CHI FOR ARTHRITIS AND**

**FALL PREVENTION**

Tai Chi for Arthritis and Fall Prevention is a falls prevention program that uses the principles and movements of Tai Chi in helping senior citizens improve their balance and increase their confidence in doing everyday activities. Classes are led by a trained/certified instructor; the class meets twice a week, 60 minutes for 8 weeks.

**Huntington Library**

338 Main St, Huntington

Mondays March 5– April 27

Part 1: 10:00am-11:00am

To register call (631) 427-5165 ext. 256

**Shelter Island Senior Center**

44 S. Ferry Road, Shelter Island

Tuesdays and Thursdays March 6 – April 26

Part 1: 11:00am–12:00pm

To register call 631-749-1051

**Stony Brook Hampton Bays Wellness Facility**

\*This Class is specifically for patients with Parkinson's Disease\*
38 W Montauk Hwy, Hampton Bays
Wednesdays and Fridays March 7 - April 27
1:30-2:30pm

Register: Patti Cronin (631) 726-8800
*\*Must have an initial intake for this location*

**Heritage Park**
633 Mount Sinai-Coram Rd, Mt Sinai
Wednesdays and Fridays May 2 - June 22

Part 1: 10:00am-11:00

Part 2: 11:00am-12:00pm

To register call 631-853-6472

**St. Mark’s Church**
105 Randall Rd, Shoreham
Mondays and Wednesdays May 7 - July 11 (No Classes week of Memorial Day and July 4)

Part 1: 1:00-2:00pm

To register call 631-853-6472

**Riverhead Free Public Library**

\*This Class is specifically for patients with Parkinson's Disease\*
330 Court St, Riverhead

Tuesdays and Thursdays July 10 – August 30

1:00-2:00pm
Register: Patti Cronin (631) 726-8800
*\*All participants must have an initial intake for this location*

**Riverhead Free Library**

330 Court Street, Riverhead

Tuesdays and Thursdays July 10 - August 30

Part 1: 2:15 p.m. – 3:15 p.m.

To Register Call 631-727-3228 x122

**Stony Brook Specialty Care**
500 Commack Rd, Commack
Wednesdays and Fridays

July 18 – September 7

Part 1 at 9:30am

Part 1 at 3:30pm

To register call 631-444-8385

**East Hampton Library**

159 Main Street, East Hampton

Tuesdays and Thursdays May 1 - June 26

Part 2: 1:00pm – 2:00pm

Part 2: 2:00pm – 3:00pm

To Register Call: 631-324-0222