



This September, join the STEPTember Challenge!

Join the NC Falls Prevention Coalition for STEPTember, a statewide walking and step challenge to celebrate healthy living and Falls Prevention Awareness month.

Let's TEAM UP here in McDowell to prevent falls!

STEPS are just that—every step you take throughout the day.

Whether you're walking to the mailbox, taking the dog out, shopping, doing household chores, or attending an exercise class, all these steps count.

We encourage participants to wear a pedometer or fitness tracker from the moment they get up until they go to bed, so every step is counted and celebrated.

Who can participant? Anyone!



Come by the McDowell Senior Center to sign up and pick up your STEPTember Walking Info Packet and Walking Calendar. We also have a limited number of pedometers to give out to individuals that are unable to use their fitness trackers on their phones or smart watches.

Count your steps during the month of September and be eligible to win a prize!

All Walking Calendars must be turned in by October 2nd to be entered into the prize drawings.

Winners will be announced at the STEPTember Award Celebration On October 7, 2025 at 5:30 PM at the McDowell Senior Center. (You do not need to be present to win.)

Why Counting Steps Matters

Walking is one of the easiest and most effective ways to stay active. Research consistently links regular walking to reduce risk of chronic diseases, improved mood, and better overall health.

**LET'S Get Moving to stay Standing
Strong NC!**

For More Information
Contact Brenda Monosso
@ 828-659-0832