

One in four people age 65 or older has a fall each year.



Don't be one of them!

Take a Stepping On Workshop!

Stepping On can help you avoid a dangerous and costly fall so you can keep doing the things you love to do. In just seven weeks, you'll learn:

- ▶ To identify and remove or avoid fall hazards both inside and outside your home
- ▶ How vision, hearing, medication, and footwear affect your risk of falling
- ▶ Strength and balance exercises you can adapt to your individual level
- ▶ To get back on your feet the right way if you do fall

Stepping On has been researched and proven to reduce falls by 31%!

STEPPING ON CLASS

DATES: MAY 18, 2022-JUNE 29, 2022

EVERY WEDNESDAY FOR 7 WEEKS

TIME: 9:00-11:00 A.M.

PLACE: CARPENTER CENTER

CALL 436-6636 TO REGISTER