

Falls may be common, but they don't have to be a normal part of aging!



Stay Strong. Stay Independent. Stay Steady with Stepping On!

Stepping On is a fun, 7-week workshop that helps us stay steady and independent. **Studies show it can reduce falls by 31%! Here's what you will learn:**

- ✓ How to spot and avoid fall hazards at home and in your community
- ✓ How vision, medications, and footwear affect your balance
- ✓ Easy at-home exercises to build strength and improve balance
- ✓ How to safely get back up if you ever take a tumble

Upcoming Workshop:

When: Tuesdays, September 15 - October 27 from 12pm – 2pm

Where: Meadowood Health Partnership (5740 Raymond Rd, Madison)

Cost: \$35 for workshop series; scholarships available

Register: Call 608-896-5287

