

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 30%!

Join Us for Stepping On!

Where:

First Lutheran Church
W2314 Prospect Street
Poy Sippi, WI 54967

When: Every Thursday

May 12 – June 23, 2022
From 9:30-11:30am

To register: Call the Aging & Disability Resource Center at (920) 787-6666

Donation: Suggested donation of \$20 (Not required to take the class)

