

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:

Brooklyn Town Hall
N5988 Co Road A, Green Lake

When: Every Wednesday

Oct 13 – Nov 24, 2021
From 9-11 am

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

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