



Why Should I be Concerned about Falling?

Falling is very common; it can result in injury and can shake your confidence. The threat of falling can be a barrier to safely doing all the things you want to do at home and in the community. That's why preventing falls is critical to maintaining independence.

Did you know?

- More than one-third of people age 65 or older fall each year.
- Falls are the leading cause of injury and hospitalization for trauma and death among older adults.
- 35% of people who fall become less active.
- 40% of people who enter a nursing home had a fall in the prior 30 days.



Public Health
Prevent. Promote. Protect.

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wiha

Wisconsin Institute
for Healthy Aging

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Stepping On

Building confidence,
reducing falls

Join this 7-week workshop where you'll learn exercises and strategies to help prevent you from falling.



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What is Stepping On?

Stepping On is a program that has been researched and proven to reduce falls in older people.

It consists of a workshop that meets for two hours a week for seven weeks. Workshops are led by health professionals. In addition, local guest experts provide information on exercise, vision, safety, and medications.

Topics include:

- Simple and fun balance and strength training
- The role vision plays in keeping your balance
- How medications can contribute to falls
- Ways to keep from falling when out in your community
- What to look for in safe footwear
- How to eliminate falls hazards from your home



Here's what some workshop participants have to say:

"When I'm walking I still think, 'lift your feet, walk heel-to-toe.' I have stopped falling outside! It has made me more aware of the way I walk."

"Not only did we learn some things about preventing falls, but we had a good time doing it. It was really fun."

Is this workshop for you?

Stepping On is designed specifically for anyone who:

- Is 65 or older
- Has had a fall in the past year
- Is fearful of falling
- Lives at home
- Does not have dementia

CLASS LOCATION:
Loyal City Hall
301 North Main Street
Loyal, WI 54446

WORKSHOP DATES:

Tuesday, May 9, 2017	1:30-3:30 PM
Tuesday, May 16, 2017	1:30-3:30 PM
Wednesday, May 23, 2017	1:30-3:30 PM
Tuesday, May 30, 2017	1:30-3:30 PM
Tuesday, June 6, 2017	1:30-3:30 PM
Tuesday June 13, 2017	1:30-3:30 PM
Tuesday, June 20, 2017	1:30-3:30 PM

HOW TO REGISTER FOR THIS CLASS:

For additional information and/or to register for this class, please call

Brittany Mews, RN BSN –
Clark County Health Dept.
at (715) 743-5106

What is the Cost?

There is a \$15.00 fee for the entire workshop (7 sessions total). Included in this fee you will receive an adjustable ankle weight that you can keep. Snacks and refreshments are provided at each session. Please bring the \$15.00 to the first class (May 9th).