

A fall could change everything

One in four people age 65 or older has a fall each year. You don't have to 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 in your home and outside
- ▶ 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%!

Where: Hudson Hospital Conference Room
405 Stageline Road – Hudson, WI

When: Mondays, April 1st – May 20th (no class on May 6th)

Time: 10 a.m. – Noon

Pre-registration required:

*Space limited - Call Tara: 715-381-4366

*Program is NOT designed for those who have dementia/cognitive impairment or those who use a walker indoors or a wheelchair full-time

