



Join other older adults in learning how you can take control of your life to prevent falls! Take control of your life to remain independent in your own home without a fear of falling by enrolling in a *Stepping On* workshop. You'll learn strength and balance exercises and how to keep doing the exercises. Learn from local experts about the impact of medication and vision on your risk of falls and about mobility in your community, how to do a home assessment, safe footwear, and improving your sleep. You'll get the support you need to take charge of your life.

**Call (608) 930-9835
to register**

Join Us:

Tuesdays

March 6 – April 17

1:00 - 3:00 PM

Barneveld Public Library

107 W. Orbison Street,
Barneveld

Space is limited, register
early! Call the ADRC.

Cost for Seven Classes:
Only \$5

