

# 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:** Community Room, Health & Human Services Center, Dodgeville.

**Time:** 9:00 – 11:00 a.m.

**When:** Thursday's, October 4<sup>th</sup> to November 15<sup>th</sup>, 2018.

**Cost:** \$5.00

**To register:** Contact the Aging & Disability Resource Center at **608-930-9835**

Sponsored by: