

# 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:** HHS Center – Community Room,  
303 W. Chapel Street, Dodgeville

**When:** 1:00 - 3:00 pm  
Wednesday's, May 1 to June 12, 2019

**Register:** CALL (608) 930-9835

**Cost:** \$5

**Sponsored by:**