

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** lunch & learn!

Bring your own sack lunch while participating in this workshop.

Where: Ridgeway Community Center
Room 112, 208 Jarvis St, Ridgeway

When: Thursdays
September 16 to October 28
11:30 am to 1:30 pm

To register: Contact the ADRC at
608-930-9835

Sponsored by:

