

# 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 31%!**

**Classes meet weekly for 7 weeks and start April 9<sup>th</sup> in Durand.**

**Call 866-578-2372 or email [adrc-bp@co.pepin.wi.us](mailto:adrc-bp@co.pepin.wi.us) to sign up or learn more about this program.**

This is a FREE workshop sponsored by