

# Stepping On



## A fall could change everything

One in four people age 65 or older has a fall each year. You don't have to 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 will 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

### 7-Week Falls Prevention Workshop

**WHEN:** April 12 - May 24, 2021  
Mondays, 1:00 - 3:15 pm

**WHERE:** Virtually via Webex  
Coordinator will assist with set up.

**COST:** No fee

#### Registration

Class size is limited and registration is required. Please register at least one week prior by calling **715-839-4735** or online at **[www.adrcevents.org](http://www.adrcevents.org)**.



*Stepping On has been researched and proven to reduce falls by 30%!*

## Stepping On - 2021 Workshops

Dates	Time	Location
Tues, February 2 - March 16, 2021	10:00 a.m.- 12:15 p.m.	Virtually via Webex
Mon, April 12 - May 24, 2021	1:00 - 3:15 p.m.	Virtually via Webex
Wed, September 15 - October 27, 2021	1:00 - 3:15 p.m.	Virtually via Webex*
Mon, November 1 - December 13, 2021	1:30 - 3:45 p.m.	Virtually via Webex*

*\*Location subject to change*