

Stepping On

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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 in your home and outside
- 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: Tuesdays, 10:00 am- 12:00 pm
September 13 - November 1, 2022
(no class Oct 18)

WHERE: Grace Lutheran Church
202 W Grand Avenue, Eau Claire

COST: No fee (Suggested donation \$10)

Registration

Please register at least one week in advance by calling **715-839-4735** or online at www.adrcevents.org.



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