

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'll 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

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

Join Us For Stepping On!

Mequon/Thiensville Senior Center, Range Line School Building, 975 N Range Line Road, Mequon

Tuesdays, April 23 – June 4, 2019 from 9:30 – 11:30AM

Cost: Suggested \$10.00 Donation to cover the cost of weights

Register by calling Kari Dombrowski, ADRC at 262-284-8120. Workshop fills up quickly, don't delay.

