

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!

Where: Bergy's Fitness and Foods, Grantsburg, WI

When: Wednesdays, 1-3pm, April 4th - May 16th

To register: Space is limited so registration is required. Please contact Carrie Myers at the ADRC of Northwest Wisconsin at 877-485-2372 to register.

Cost: \$10/person or \$15/married couple