

Stepping On Workshop



Are you an older adult with a fear of falling?

Join this 7-week workshop where you'll learn exercises and strategies to help prevent you from falling.

Stepping On is a program that has been researched and proven to reduce falls in older people. This workshop meets for two hours a week for seven weeks and is led by trained health care professionals. In addition, local guest experts provide information on exercise, vision, safety, and medications.

Building Confidence and Reducing Falls.



Is this workshop for you?

Stepping On is designed specifically for anyone who:

- Is 65 or older
- Has had a fall in the past year
 - Is fearful of falling
 - Lives at home
- Does not have dementia

Local Workshop Information:

WHERE: Lakeside Community Lutheran Church, A&H

WHEN: Wednesdays, April 5th - May 17th, 2017 from 1:00-3:00pm

WHERE: St Croix Regional Medical Center, St Croix Falls

WHEN: Tuesdays, May 16th - June 27th, 2017 from 8:30-10:30am

Cost: \$10/Person or \$15/Couple **To Register Call:** Carrie Myers at the

ADRC of NW WI at 877-485-2372

