

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%!

Stepping On WORKSHOP 2019

Thursdays, Oct. 3rd - Nov. 14th, 2019 | 1pm - 3pm
Midway Town Hall | 3230 Midway Road | Duluth, MN

To register, call 218-878-2126.

Workshop is limited to 12 people.

Must meet program eligibility requirements.

Fond du Lac Human Services Division | Community Health Services Department



Essentia Health



wiha
Wisconsin Institute
for Healthy Aging
wihealthyaging.org