

Don't let a fall cramp your style!

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 can adapt to your individual level
- To get back on your feet right way if you do fall

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

Every Thursday, Sept. 13th - Oct. 25th, 2018

Cloquet Community Center | 1pm - 3pm

A small snack will be provided.

For more information, call 878-2126



Essentia Health

Stepping On
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Must meet program eligibility requirements.

Fond du Lac Human Services Division | Community Health Services Department