

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 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 31%!

Mondays starting at 9 AM

January 27 through March 17, 2025

Roy Hillside Senior Center

5051 South 2000 West , Roy

Register at the Senior Center or

Call Megan at 801-625-36784



**Stepping
On**

wiha
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for Healthy Aging
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