

# 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%!**

**Wednesdays: February 5, 2020-March 18, 2020**

**10:00 am - 12:00 pm, Fee \$10**

**East Troy Area Community Center**

**2040 Beulah Ave. East Troy, WI**

**Call (262) 741-3309 to register.**

**Registration Required**

