

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 30%!

**Space is limited!
Registration is required
Call the ADRC
to register
920-386-3580**

**Join us every Thursday
March 26th—May 7th,
2020**

1:30—3:30pm

**Marshfield Medical Center—
Beaver Dam**

**130 Warren St. Entrance A
Beaver Dam, WI 53916**

wiha
Wisconsin Institute
for Healthy Aging

Stepping On
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ADRC
Aging & Disability Resource Center
of Dodge County