

One in four people age 65 or older has a fall each year.



Don't 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 both inside and outside your home
- ▶ 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

 **Aurora Health Care**
We are  Advocate Aurora Health

wiha
Wisconsin Institute
for Healthy Aging
wihealthyaging.org

**Stepping
On** 


ADRC
Aging & Disability Resource Center
of Racine County

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

Join Us for Stepping On!

Where: Marian Housing Center
4105 Spring St. Racine, WI 53405

When: Tuesday's, Oct 31st - Dec 12th
10:00am – Noon

To register:

Call: Ruth 262-833-8764 or

email: ruth.stauersbol@racinecounty.com

Sponsored by: The Aging & Disability Resource Center of Racine County

Suggested Donation \$10.00