

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

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

Join Us for Stepping On!

Where: Trinity Regional Medical Center Conference Room #8

When: March 26 – May 7 / 12:30 -2:30 (Every Monday for 7 weeks)

To register: Contact Andrea Doster at 515-573-6270 or doster@friendshipaven.org

Sponsored by: Friendship Haven and UnityPoint