

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%!

Next **workshop** will be at the Senior Resource Center in Hayward (15856 E 5th Street)

WHEN: April 8th, 15th, 22nd, 29th, May 6th, 12th, and 20th. (NOTE ALL days are TUESDAYS, but MAY 12th we will meet on MONDAY)

TIME: 1:00-3:00pm Please call Jodi with questions or to sign up (715-634-3000)

