

# 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%!**

Are you interested in joining a class, or have questions about Stepping On?

Call the Aging and Disability Resource Center Fond du Lac County (ADRC) to ask about the next class.

ADRC: 920-929-3466

**Stepping  
On**

**wiha**  
Wisconsin Institute  
for Healthy Aging  
wihealthyaging.org