

COMMUNITY ANNOUNCEMENT - WORKSHOP TO PREVENT FALLS

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!

This is an ONLINE workshop! Participants will need a tablet or computer with mic/audio and have internet access.

When: April 20-June 1, 2021 seven Tuesday mornings, 10 am-12 pm.

To register: contact Kari Dombrowski at the Ozaukee County ADRC at: 262-284-8120 or email: kdombrowski@co.ozaukee.wi.us

Registration is required by April 6, 2021

Suggested Donation: \$20

