

A fall could change everything

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 30%!

JOIN US FOR STEPPING ON!

Where: Allina Clinic River Falls
Community Room
1617 East Division Street River Falls

When: A 7-week class that will meet on
Thursdays from 9:00am-11:00am
Begins Sept. 13th & ends Oct 25th

Preregistration is required! Contact the ADRC of Pierce County at 715-273-6780

Sponsored by The ADRC of Pierce County and Allina Health River Falls Clinic and Hospital

