

*"The class is extremely informational. It brings awareness to things we don't think about and take for granted".*

*Virginia from Fond du Lac, Wisconsin*

## BENEFITS OF STEPPING ON

- Learn to step outside your home with confidence.
- Learn with people your own age.
- Become more aware of fall hazards and learn how to reduce your risk of falling.
- Learn current information on falls prevention.
- Help others by sharing what has worked for you.

**wiha**  
Wisconsin Institute  
for Healthy Aging



### 2014 CLASS SCHEDULE

#### Thursdays April 10 to May 22

1pm—3pm

ADRC

50 N Portland St, Fond du Lac



#### Tuesdays May 6 to June 17

1pm—3pm

Ripon Senior Center

100 Jackson St, Ripon



#### Wednesdays June 4 to July 16

1:30pm—3:30pm

Oakfield Community Center

130 N Main St, Oakfield



#### Wednesdays July 9 to August 20

9am—11am

N Fond du Lac Community Center

280 Garfield St, N Fond du Lac



#### Thursdays August 7 to September 18

10am—12pm

Ripon Senior Center

100 Jackson St, Ripon



#### Tuesdays September 16 to October 28

9am—11am

ADRC

50 N Portland St, Fond du Lac



**TO REGISTER CALL (920)929-3466**

**B**uilding confidence  
and reducing falls.

*An effective program for older people.*



**Stepping On**

Falls are not a normal  
part of aging and can  
be prevented!

Many older people have had a fall experience that has shaken their confidence and may have resulted in injury. Older adults understand that the threat of a fall can be a barrier to safely doing all the things they want to do at home and to **Stepping On** confidently in the community.

### WHY SHOULD I BE CONCERNED ABOUT FALLING?

- **Among older adults in the United States, falls are the leading cause of injury and hospital admissions for trauma.**
- **More than one third of adults 65 or over fall each year.**
- **In Wisconsin, 87% of fall related deaths involve people age 65 or older.**

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**Stepping On** classes and materials are **FREE** of charge.

### WHAT YOU WILL LEARN

**Stepping On** Workshops meet 2 hours a week for seven weeks.

Topics include:

- Simple and fun balance and strength training.
- The role vision plays in keeping your balance.
- How medication can contribute to falls.
- Ways to stay safe when out and about in your community.
- Separating myths about falling from facts.

Each **Stepping On** class is evaluated by the Greater Wisconsin Agency On Aging to ensure that proven preventative methods are taught to class participants.

### PLEASE CONSIDER JOINING A CLASS IF YOU:

- Are 60 years or older
- Live in your own home or apartment.
- Are concerned about falling.
- Do not have memory problems.
- Want to have fun while learning.
- Are able to commit to attending at least 5 of the 7 classes.
- Use a walker only for steadiness when walking outdoors. (The class is not beneficial for those who need the use of a walker at all times.)

*“The guest speakers were great and I enjoyed talking to all of the other participants—we always had good conversation related to the topic at hand.” Al from Oakfield, Wisconsin*

*The program is led by State-certified leaders. Expert guest speakers provide information on vision, exercise and other topics of interest to older adults.*