Falls may be common, but they don't have to be a normal part of aging!

Stay Strong. Stay Independent. Stay Steady with Stepping On!

Stepping On is a fun, 7-week workshop that helps us stay steady and independent. **Studies show it can reduce falls by 31%!** Here's what you will learn:

- ✓ How to spot and avoid fall hazards at home and in your community
- ✓ How vision, medications, and footwear affect your balance
- ✓ Easy at-home exercises to build strength and improve balance
- ✓ How to safely get back up if you ever take a tumble

Upcoming Workshop:

Dates:
Thursdays April 2nd – May 14th

Time:
1:00pm – 3:00pm

Location:
Oakfield Community Center
130 N. Main Street
Oakfield WI, 53065

Suggested contribution $25 for class material

Stepping On | wiha Wisconsin Institute for Healthy Aging