

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 31%!

Join Us for Stepping On!

Where: SSM Health St Mary's Hospital Janesville, WI (Lower Garden Level)

When: Seven Monday mornings, September 30 – November 11, 2024

Time: 9:30 - 11:30 am

Register by: September 15, 2024. Call the ADRC of Rock County at: **(608) 757-5309** or email: lisa.messer@co.rock.wi.us

Sponsored by: SSM Health St Mary's and the ADRC/ Aging Unit of Rock Co.

Suggested Donation: \$15