

# 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%!**

**Thursdays: September 21-November 2, 2023  
1:00pm - 3:00pm  
Walworth County Health and Human Services  
1910 County Rd NN  
Elkhorn, WI 53121  
Suggested Donation \$10  
Please call to register, 262-741-3309**



We are + Advocate Aurora Health

