



**Stepping On** is a program that has been researched and proven to reduce falls in older people. It is a workshop that meets two hours a week for seven weeks.

Workshops are led by a health professional and a peer leader – someone who, just like you, is concerned about falls. In addition, local guest experts provide information on exercise, vision, safety, and medications.

**Topics include:**

- Simple and fun balance and strength training exercises
- The role vision plays in keeping your balance
- How medications can contribute to falls
- Ways to keep from falling when out in your community
- What to look for in safe footwear
- How to eliminate falls hazards from your home



# Stepping On

## **7-Week Falls Prevention Workshops**

February 14 - March 28, 2019

Thursdays, 1:00- 3:00 p.m.

Eastridge Estates, 3504 Hoover Ave, Altoona

April 8 - May 20, 2019

Mondays, 9:00 - 11:00 a.m.

Prevea Center for Rehabilitation Services  
1109 W Clairemont Ave, Eau Claire

September 10 - October 29, 2019

Tuesdays, 1:00 - 3:00 p.m.

Grace Lutheran Church  
202 W Grand Ave, Eau Claire

**COST:** No fee.

### **Registration**

Class size is limited and registration is required. Please register at least one week prior by calling 715-839-4735 or online at [www.adrcevents.org](http://www.adrcevents.org).

## Stepping On - Booster Sessions for Repeaters

Dates	Time	Location
Thursday, January 31, 2019	1:00 - 3:00 p.m.	Eastridge Estates 3504 Hoover Avenue, Altoona
Thursday, July 11, 2019	9:00 - 11:00 a.m.	Augusta Senior & Community Center 616 W Washington St, Augusta

## Stepping On - 2019 Workshops

Dates	Time	Location
Tues, February 14 - March 28, 2019	1:00 - 3:00 p.m.	Eastridge Estates 3504 Hoover Avenue, Altoona
Mon, April 8 - May 20, 2019	9:00 - 11:00 a.m.	Prevea Center for Rehabilitation Services 1109 W Clairemont Ave, Eau Claire
Tues, September 10 - October 29, 2019 (no class Oct 22)	1:00 - 3:00 p.m.	Grace Lutheran Church 202 W Grand Avenue, Eau Claire
Tues, October 1 - November 12, 2019	9:00 - 11:00 a.m.	Prevea Center for Rehabilitation Services 1109 W Clairemont Ave, Eau Claire
Mon, November 4 - December 16, 2019	1:30 - 3:30 p.m.	Grace Lutheran Church 202 W Grand Avenue, Eau Claire