



Stepping On is a workshop proven to reduce the risk of falls by up to 50 percent. In just seven weeks, you can gain confidence, be stronger and steadier wherever you go, and keep doing the things you want to do. Classes meet two hours once weekly for seven weeks.

Stepping On workshops are led by a health professional and a peer leader—someone who, just like you, is concerned about falls. In addition, 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

COST: No fee.

Stepping On

7-Week Falls Prevention Workshops

February 4 - March 17, 2020
 Tuesdays, 9:00 - 11:00 a.m.
 Prevea Therapy Institute
 1109 W Clairemont Ave, Eau Claire

April 6 - May 18, 2020
 Mondays, 1:00 - 3:00 p.m.
 UW Extension
 227 1st Street West, Altoona

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.



Stepping On - 2020 Workshops

Dates	Time	Location
Tues, February 4 - March 17, 2020	9:00 - 11:00 a.m.	Prevea Therapy Institute 1109 W Clairemont Ave, Eau Claire
Mon, April 6 - May 18, 2020	1:00 - 3:00 p.m.	UW Extension 227 1st Street West, Altoona
Wed, September 16 - October 28, 2020	9:00 - 11:00 a.m.	St Francis Apartments 851 University Drive, Eau Claire
Mon, November 2 - December 14, 2020	1:30 - 3:30 p.m.	Grace Lutheran Church 202 W Grand Avenue, Eau Claire

Stepping On - Booster Sessions for Repeaters

Dates	Time	Location
Monday, February 17, 2020	1:30 - 3:30 p.m.	Grace Lutheran Church 202 W Grand Avenue, Eau Claire
Tuesday, May 12, 2020	9:00 - 11:00 a.m.	Prevea Therapy Institute 1109 W Clairemont Ave, Eau Claire
Monday, July 13, 2020	1:00 - 3:00 p.m.	UW Extension 227 1st Street West, Altoona
Wednesday, January 13, 2021	9:00 - 11:00 a.m.	St Francis Apartments 851 University Drive, Eau Claire
Monday, February 15, 2021	1:00 - 3:00 p.m.	Grace Lutheran Church 202 W Grand Avenue, Eau Claire