

# 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%!**

## Workshop Information

Workshops are held throughout Vilas County  
For information about an upcoming workshop.

Contact Amie

At the Aging and Disability Resource Center of Vilas County  
(715) 479-3625 or (800) 374-1123

