



Stepping On:

Building confidence & reducing falls

Stepping On is a falls prevention program for adults: 65 and older, have fallen in the past year or are fearful of falling, living at home and not suffering from dementia. Classes meet for 2 hours once a week for 7 weeks and give you tools to reduce your risk of falling.

Topics include: simple balance & strength training, the role vision plays in keeping your balance, how medications can contribute to falls, what to look for in safe footwear, how to check your home for safety and ways to stay safe when out in the community.

Thursdays starting April 13- May 25, 2017

1:00 - 3:00 pm

Location: Prince of Peace Lutheran Church,
5030 Hwy 70 West, Eagle River, WI 54521

Cost: \$10.00

Registration: Class size is limited, call Amie at
(715) 479-3625 or (800)-374-1123 by
April 6, 2017.

