

STEPPING ON: A FALL PREVENTION WORKSHOP

Building confidence. Reducing falls.



**1 in 4 people,
age 65 or older,
has a fall each
year.**

**Stepping On
has been
researched and
proven to
reduce falls by
30%!**

Take a Stepping On workshop!

In just seven weeks, you'll learn:

- To identify fall hazards in your home and outside
- How different factors affect your risk of falling
- Strength and balance exercises
- To get back on your feet the right way if you fall



For more information and to register,
visit newmanrh.org/steppingon or call (620) 343-6800 x21043.