

Myth: "Falls are a normal part of aging."

Fact: Falls can be prevented!

Want to know how you or a loved one can prevent falls? Join us for

Stepping On
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Building Confidence, Reducing Falls

Offered in Monroe County!



Learn from local experts such as physical therapists, law enforcement & healthcare professionals about:

Stepping On is for those:

- 60 or older
- Who have had a recent fall
- Fearful of falling
- Who do not have dementia
- Live in their own home, apartment, or live independently

- Strength & balance exercises
- Medications
- Vision
- Safety
- Home hazards

For more information on upcoming classes or to be put on a waiting list for future classes, contact Kayleigh Day, Community Health Educator at 269-8666 or Kayleigh.day@co.monroe.wi.us