

“I was walking down the hall and there wasn’t a light over the stairwell.

I fell down an entire flight of stairs...”

Are you heading for a fall?

Like many people, you may not realize you are at risk for being injured by a fall. You might think that falls only happen to frail, older adults, or that falls are a normal part of aging. Don't let these myths keep you from facing your fears and learning to prevent falls. If you answer “yes” to the following, it's time to take steps to prevent a fall with Stepping On:

- Are you 60 or older?
- Have you fallen in the past year – even if you weren't injured?
- Do you have a fear of falling? Or worry that you or someone you live with might fall?
- Do you live at home or in an independent apartment?

Stepping On workshops are not designed for older adults who:

- Use a walker indoors or a wheelchair full-time
- Have dementia or cognitive impairment

Find a Stepping On workshop near you, and improve your chances of avoiding a fall. Visit wihealthyaging.org and click on **Find a Workshop**.



What is Stepping On?

Stepping On is a falls prevention workshop that meets for 2 hours a week for 7 weeks. Trained leaders coach you to recognize your risk of falling and help you build the balance, strength and practical skills you need to avoid a fall.

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

You'll also meet with physical therapists, vision specialists, pharmacists, and community safety experts who help you avoid fall hazards, make your home safer, and make your body stronger. You'll regain the confidence to stay active in your community and do the things you want to do.

Stepping On helps you build confidence in your ability to manage your falls risk.

You'll learn:

- To identify and remove fall hazards from your home
- To see and avoid fall hazards out in your community
- To get back on your feet the right way if you fall
- How vision and hearing affect your risk of falling
- To use walking aids the right way
- To choose safe footwear for all your activities
- Strength and balance exercises you can adapt to your individual level
- How medications play a role in your risk of falls



Stepping On
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Stepping On

for falls prevention



Next 7-week program
Mondays 1:00-3:00
September 16th-October 28th
Sparta Barney Community Center,
classroom B (lower level)
Cost: \$10
Registration required by
September 12th
For questions or to register,
contact Monroe County
Community Health Educator,
Kayleigh Day at 608-269-8666 or
kayleigh.day@co.monroe.wi.us



1414 MacArthur Rd, Suite B
Madison, WI 53714
(608) 243-5690 | info@wihealthyaging.org

Learn more about this and other
healthy aging programs by visiting
wihealthyaging.org

Find us on Facebook at
Wisconsin Institute for Healthy Aging

Falls are preventable.

**Don't wait until a fall injures
more than your pride!**

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