

What is *Stepping On*?

Stepping On is a well-researched falls prevention program. The results were published in the Journal of the American Geriatrics Society. The *Stepping On* workshop meets for two hours a week for seven weeks.

Why Should I Be Concerned About Falling?

More than one-third of adults 65 or over fall each year.

Among older adults falls are the leading cause of injury, hospital admissions for trauma, and death.

35% of people who fell become less active.

Who Can Best Learn From *Stepping On*?

Anyone who:

Is 65 years or over;

Has had a fell in the past year or is fearful of felling;

Is living in a home or apartment; and

Is not suffering from dementia

What Will I Learn?

Topics include:

Simple and fun balance and strength **training**

The role vision plays in keeping your balance

How medications can contribute to falls

Ways to stay safe when out and about in your community

What to look for in safe footwear

How to check your home for safety

Who Leads the Workshop?

The program is co-led by a health professional and a lay leader. Local guest experts also assist by providing information on exercise, vision, safety, and medications.

“When I’m walking I still think, ‘lift your feet, walk heel-toe.’ I have stopped felling outside! It has made me more aware of the way I walk.”

Grace

What are the Benefits?

- Learn to step outside your home with confidence.
 - Learn with people your own age.
 - Become more aware of fell hazards and learn how your fell risk can be reduced.
 - Study the most up-to-date information on falls prevention.
- Help others by sharing what has worked for you.

Class Location

Rio Vista Senior Center
25 Main St.
Rio Vista, CA 94571

How to Register

Call (707) 646-4006

For More Information

email: abatista@northbay.org