

Don't let a fall cramp your style!

One in four people age 65 or older has a fall each year. You don't have to be one of them.

Take a Stepping On workshop!

Stepping On can help you avoid a dangerous and costly fall so you can keep doing the things you love to do. In just seven weeks, you'll learn:

- ▶ To identify and remove or avoid fall hazards in your home and outside
- ▶ How vision, hearing, medication, and footwear affect your risk of falling
- ▶ Strength and balance exercises you can adapt to your individual level
- ▶ To get back on your feet the right way if you do fall

**Stepping On has been
researched and proven
to reduce falls
by 31%!**

Aurora Lakeland Medical Center

Series 1: 1/7/25 to 2/18/25

Series 3: 6/24/25 to 8/5/25

Aurora Wellness Center

Series 2: 3/19/25 to 4/30/25

Aurora Medical Center Burlington

Series 4: 10/1/25 to 11/19/25

\$10 per Class

To register:

***Visit aurora.org/events
or scan QR code
(keyword: stepping)***



Call 262-743-3431 or email Meredith.londo@aah.org for more information.

