



**One in four people age 65 and older  
has a fall each year  
Don't be one of them!**

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

**ARE YOU 60 OR OLDER?  
JOIN US FOR STEPPING ON!**

**WHERE: AGING & DISABILITY RESOURCE CENTER  
OF RACINE COUNTY  
AUDITORIUM  
14200 WASHINGTON AVENUE  
STURTEVENT, WI 53177**

**WHEN: WEDNESDAY'S  
FEBRUARY 26 - APRIL 9  
9:00AM - 11:00AM**

**TO REGISTER CALL:  
Ruth 262-833-8764 or email:  
ruth.stauersbol@racinecounty.com**

**SPONSORED BY: THE AGING & DISABILITY  
RESOURCE CENTER OF RACINE COUNTY**

**SUGGESTED CONTRIBUTION \$10.00**

