

**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: RACINE YACHT CLUB  
1 BARKER STREET, RACINE**

**WHEN: TUESDAY MARCH 5TH – APRIL 16TH  
10:00AM - NOON**

**TO REGISTER CALL:**

**Ruth 262-833-8764 or email:  
[ruth.stauersbol@racinecounty.com](mailto:ruth.stauersbol@racinecounty.com)**

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**SUGGESTED CONTRIBUTION \$10.00**

