

**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: TRINITY TERRACE
2132 CENTER STREET
RACINE 53403**

**WHEN: TUESDAY'S
OCTOBER 8TH -NOVEMBER 19TH
1:00PM - 3:00PM**

**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

