



Help Yourself to Better Health



Do ongoing health problems or the fear of a fall keep you from doing the things you want to do?

If there was something you could do to take control of your health — and your life — would you? **There is!** Sign up for a virtual health promotion workshop now!

Stepping On Falls Prevention Workshop

When: Wednesdays, Aug. 10 - Sept. 28, 2022

Time: 1:00 - 3:00

Where: Online - ZOOM

Cost: FREE

What you'll learn:

- ◆ Balance & strength exercises
- ◆ How medication & vision affect your fall risk
- ◆ How to get up safely if you do fall
- ◆ Ways to remove falls hazards at home and navigate safely outside

To register:

Call: 715-369-6170 or email: steingrae@co.oneida.wi.us

For questions:

email: terri.kolb@wisc.edu

If you're an older adult and have fallen or are afraid of falling, this program is for you! ***Stepping On*** is proven to reduce falls by 31%.

The ADRC and UW-Extension of Oneida County are excited to offer ***Stepping On*** virtually. You can join us once-a-week for 7 weeks from the comfort of your own home.

In just 7 weekly, 2-hour sessions, ***Stepping On*** gives participants strategies for avoiding falls including balance and strength exercises, home safety check suggestions, medication review, and more. Guest experts including a physical therapist and pharmacist and others visit over the course of the seven sessions. Participants can expect to leave with more strength, better balance, and a feeling of confidence and independence.

