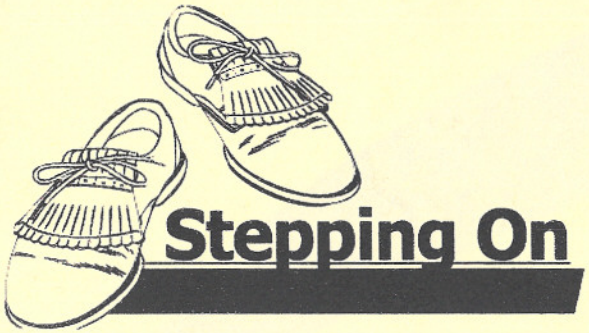

Stepping On

FALLS PREVENTION

Stepping On is a well researched falls prevention program. The results were published in the September 2004 issue of the American Geriatrics Society.

WHAT YOU WILL LEARN

The Stepping On workshop meets for two hours a week for seven weeks.

Topics include:

- Simple and fun balance and strength training
- The role vision plays in keeping your balance.
- How medication can contribute to falls.
- Ways to stay safe when out and about in your community.
- What to look for in safe footwear.
- How to check your home for safety.

"When I'm walking I still think, 'lift your feet, walk heel-toe." I have stopped falling outside! It has made me more aware of the way I walk.".

Grace

WHO PRESENTS

The program is led by a health professional and lay leader. Local guest experts also assist by providing information on exercise, vision, safety and medications.

WHO CAN BENEFIT

Any one who is:

- 65 years or over
- Has had a fall in the past year
- Fearful of falling
- Living at home
- Not suffering from dementia

CLASS LOCATION

Park View Manor- Community Room

200 Parkview Court

Viroqua, WI 54665

FOR MORE INFORMATION

Vernon County Health Department
318 Fairlane Drive PO Box 209
Viroqua, WI 54665
608-637-5251

"It's made me more aware, just so much more aware. Of the buses, of my place. Of making it brighter inside, getting rid of leaves outside, of everything.

Roleena

"I've had some near falls but you have a quicker recovery and your muscles don't collapse."

Herbert

BENEFITS

- Learn to step outside your home with confidence.
- Learn with people your own age.
- Become more aware of fall hazards and learn how your fall risk can be reduced.
- Study the most up-to-date information on falls prevention.
- Help others by sharing what has worked for you.

HOW TO REGISTER

Contact:
Vernon County Health Department
608-637-5251