

A fall could change everything

One in four people age 65 or older has a fall each year. You don't have to be one of them.

Take 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 do. In just seven weeks, you'll learn:

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

Stepping On has been researched and proven to reduce falls by 30%!

Where: Franklin Public Library Fadrow Room
9151 W. Loomis Road, Franklin

When: Wednesdays, April 3rd—May 15th, 9:30 a.m. to 11:30 a.m.

Suggested contribution: \$10 for this workshop. You will receive a free ankle weight. You are encouraged to attend all 7 sessions for greatest benefit and class size is limited.

To register call: Amy at Franklin Health Department

414-427-7533

