



### about Falling?

Falling is very common; it can result in injury and can shake your confidence. The threat of falling can be a barrier to safely doing all the things you want to do at home and in the community. That's why preventing falls is critical to maintaining independence.

### Did you know?

- More than one-third of people age 65 or older fall each year.
- Falls are the leading cause of injury and hospitalization for trauma and death among older adults.
- 35% of people who fall become less active.
- 40% of people who enter a nursing home had a fall in the prior 30 days.



For a workshop schedule, visit the Wisconsin Institute for Healthy Aging - [wihealthyaging.org](http://wihealthyaging.org) - or call 1-800-333-1380, (then press 2).



Wisconsin Institute  
for Healthy Aging

1414 MacArthur Rd, Suite B  
Madison, WI 53714  
(608) 243-5690  
[info@wihealthyaging.org](mailto:info@wihealthyaging.org)

[wihealthyaging.org](http://wihealthyaging.org)



## Stepping On

Building confidence,  
reducing falls

Join this 7-week workshop where you'll learn exercises and strategies to help prevent you from falling.



Wisconsin Institute  
for Healthy Aging

## What is Stepping On?

Stepping On is a program that has been researched and proven to reduce falls in older people.

It consists of a workshop that meets for two hours a week for seven weeks. Workshops are led by a health professional and a peer leader – someone who, just like you, is concerned about falls. In addition, local guest experts provide information on exercise, vision, safety, and medications.

### Topics include:

- Simple and fun balance and strength training
- The role vision plays in keeping your balance
- How medications can contribute to falls
- Ways to keep from falling when out in your community
- What to look for in safe footwear
- How to eliminate falls hazards from your home



### Here's what some workshop participants have to say:

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

*"Not only did we learn some things about preventing falls, but we had a good time doing it. It was really fun."*

---

### Is this workshop for you?

Stepping On is designed specifically for anyone who:

- Is 65 or older
- Has had a fall in the past year
- Is fearful of falling
- Lives at home
- Does not have dementia



## Registration Information

**Class Location:**

**Meritus Medical Center, Orange  
Entrance Robinwood 122B**

**September 26-October 31**

**Mondays 930-1130**

**How to register or for more  
information:**

**Meritus Medical Center**

**(301)790-8907**