

Stepping On Fall Prevention

What is Stepping On?

A 7-week (one 2-hour session per week) falls prevention program conducted by trained leaders, and specially designed for adult learners.

Is it for me?

Stepping On is for people who are age 60 or older and who live independently. If you live in a nursing home, need support from a walker indoors or a wheelchair during the day, or have a cognitive impairment, please talk to your doctor for appropriate fall prevention screening and assistance.

What will I learn?

With support from trained leaders, guest experts and your group, Stepping On helps you handle the fall risks in your life. So you can keep living the way you want to. Topics include:

- Balance and strength exercises taught by a physical therapist
- Identifying fall risks and strategies for moving around in the community
- A vision specialist will discuss the role vision can play in falls
- A community safety expert will share tips and modifications
- Safe vs. unsafe footwear
- A pharmacist discusses vital information about medication management, bone health, reading supplement labels, and improving sleep without sedatives
- Weather hazards
- Create an individualized plan to stay strong and reduce your chance of falls

Upcoming Workshop:

Mondays
January 13th - February 24th
2:00 - 4:00pm

To register please call BLW Center at 608-441-6991 today!
Classes will be held at BLW Center, 1917 Lake Point Drive
(Cost: \$35 but scholarships are available!)