



# Stepping On:

## Building confidence & reducing falls

**Stepping On** is a falls prevention program for adult's: who have fallen in the past year or are fearful of falling, living at home and not suffering from dementia. Classes meet for 2 hours once a week for 7 weeks and give you tools to reduce your risk of falling.

**Topics include:** simple balance & strength training, the role vision plays in keeping your balance, how medications can contribute to falls, what to look for in safe footwear, how to check your home for safety and ways to stay safe when out in the community.

**Thursdays, Jan. 12th - Feb. 23th, 1:00 - 3:00 pm**

**Location:** Prince of Peace Lutheran Church,  
5030 Hwy 70 West, Eagle River, WI 54521

**Cost:** \$15.00

**Registration:** Class size is limited, call Amie at  
(715) 479-3725 or (800)-374-1123 by  
January 5, 2012

**Sponsored by:** Vilas County Commission on Aging