



## Stepping On

*Building confidence and reducing falls.*

### Is Poor Balance Bringing You Down?

If so, we can help! **Stepping On** is a falls prevention program for seniors age 60+ that have fallen or have a fear of falling. It offers:

- Mutual support
- Information about the many aspects of falls prevention
- An introduction to simple exercises designed to improve your balance
- Strategies you need to prevent falls

This program is the work of Dr. Lindy Clemson of Sydney, Australia, whose research has found that participants in this falls prevention program have a 31% reduced rate of falls.

Local leaders along with medical experts (i.e. physical therapist, pharmacist and vision expert) will offer the workshop. Classes meet 2 hours per week for 7 weeks.

Enrollment is limited and pre-registration is required. A \$10.00 fee includes all learning materials. Call the Aging & Disability Resource Center of Brown County at **(920) 448-4300** during the hours of 8:00 a.m. – 4:30 p.m. Monday – Friday for information on upcoming classes.

