

Don't let a fall cramp your style!

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 31%!**

Stepping On is coming to Hill City!

Tuesdays - 9:00-11:00 - March, 11, 18, 25, April 1, 8, 15, 22
Graham County Hospital - Fitness Center

Register for this FREE class by Friday, March 7th

For more information: Please contact Karen Shepard, FCS Agent
at 785-421-3411 or email her at kshepard@ksu.edu

Karen Shepard, FCS Agent and Aftan Tso, FCW Agent- Instructors

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Stepping
On

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