

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 30%!**

7 week program | Mondays 10-Noon | September 10-October 22

Tomah Memorial Hospital, classroom C

Cost: \$10

Registration Required by September 4th

For questions, or to register, call Tomah Memorial Hospital
Community Health Educator Mandi Hoppa at 608-374-0211 or
mhoppa@tomahhospital.org

Taking care of you.
Tomah
Memorial Hospital
TomahHospital.org

Family Individual Community
**Monroe County
Health
DEPARTMENT**

**Stepping
On**

wiha
Wisconsin Institute
for Healthy Aging
wihealthyaging.org