

*“I was walking down the hall and there wasn’t a light over the stairwell.*

*I fell down an entire flight of stairs...”*

## Are you heading for a fall?

Like many people, you may not realize you are at risk for being injured by a fall. You might think that falls only happen to frail, older adults, or that falls are a normal part of aging. Don't let these myths keep you from facing your fears and learning to prevent falls. If you answer "yes" to any of the following, now is the time to take steps to prevent a fall:

- Are you 60 or older
- Have you fallen in the past year – even if you weren't injured?
- Do you have a fear of falling? Or worry that someone you live with might fall?
- Do you live at home or in an independent apartment?

### Stepping On workshops are not designed to help older adults who:

- Use a walker indoors or a wheelchair full-time
- Have dementia or cognitive impairment

Find a Stepping On workshop near you, and improve your chances of avoiding a fall. Visit [wihealthyaging.org](http://wihealthyaging.org) and click on **Find a Workshop**.



## What is Stepping On?

Stepping On leaders coach you to recognize your risk of falling, and help you build the physical strength and practical skills you need to avoid falling. You learn in a fun, hands-on way, putting information to use from the very first session.

*“I learned new things on the first day ... it was fun!”*

Stepping On has been researched and proven to reduce falls by **30%**.

Stepping On workshops meet for 2 hours, every week for 7 weeks. Local experts, trained leaders, and other group members support and encourage you to find solutions to make your home safer and your body stronger. You'll regain the confidence to stay active in your community and do the things you want to do.

### Stepping On helps you build confidence in your ability to manage your falls risk.

#### You'll learn:

- To identify and remove fall hazards from your home
- To see and avoid fall hazards out in your community
- To get back on your feet the right way if you fall
- How vision and hearing affect your risk of falling
- To use walking aids the right way
- To choose safe footwear for all your activities
- Strength and balance exercises you can adapt to your individual level
- How medications play a role in your risk of falls



*“The exercises keep my legs strong...I still do them everyday. I can see the muscle I've gained!”*



### Class Information:

Call for class information!!

Registration is **REQUIRED!**

\*\$10 suggested donation for workshop  
Please call Marina Wittmann at the ADRC  
(608)355-3289 to ensure you have a spot!



Aging and Disability Resource Center  
505 Broadway Street, Baraboo

Contact Marina Wittmann to register!  
(608)355-3289



Wisconsin Institute  
for Healthy Aging

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Learn more about this and other  
healthy aging programs by visiting  
**wihealthyaging.org**

Find us on Facebook at  
Wisconsin Institute for Healthy Aging



## Stepping On

for falls prevention

**Falls are preventable.  
Don't wait until a fall injures  
more than your pride!**

Stepping On is a workshop proven to  
reduce your risk of falls by up to 50%.  
In just 7 weeks, you can be stronger  
and steadier wherever you go, and  
keep doing the things you want to do.