

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 Workshop

April 21 – June 2, 2026 Booster Session: September 1, 2026

Tuesdays from 1:00-3:30pm

Oxford Village Hall

129 S. Franklin St, Oxford, WI 53952

Suggested donation: \$25

Call Amelia at (608) 297-3146 to register or for more info.

