

# STEPPING ON WORKSHOPS

**BISMARCK SENIOR CENTER**

**315 NORTH 20th STREET BISMARCK, ND**

**What is Stepping On?** - Stepping On is a well-researched falls prevention program for seniors.

## **Why Should I Be Concerned About Falling?**

- More than one-third of adults 65 or over fall each year.
- Among older adults falls are the leading cause of injury, hospital admissions for trauma, and death.
- 35% of people who fall become less active.

## **Who Can Best Learn from Stepping On?**

Anyone who:

- Is 60 years or over:
- Has had a fall in the past year or is fearful of falling:
- Is living in a home or apartment; and
- Is not suffering from dementia.

## **What Will I Learn? Topics will include:**

- Simple and fun balance and strength training
- The role vision plays in keeping your balance
- How medications can contribute to falls
- Ways to stay safe when out and about in your community
- What to look for in safe footwear



## **THURSDAYS**

**9:00 a.m.—11:00 a.m.**

**OCTOBER:**

**11, 18, 25**

**NOVEMBER:**

**1,8,15 and 29**

## **WHAT ARE THE**

## **BENEFITS?**

1. Learn to step outside with confidence.
2. Learn with people your own age.
3. Become more aware of fall hazards and learn how your fall risk can be reduced.
4. Study the most up-to-date information falls prevention.
5. Help others by sharing what has worked for you.



**How to register and for questions:**

**Norma 328-4536**