



**Building Confidence
and Reducing Falls:
An effective, evidenced-
based educational
program for older adults**

- 1 in 3 persons over age 65 falls each year.
- Falls are a leading cause of loss of independent living.
- Falls and complications associated with falls are the second leading cause of death in Wisconsin.
- Reduce fear of falling by taking part in Stepping On!

**Have fun, strengthen
muscles, make friends
in this
7-week workshop.**

**Learn from
guest experts.**

**It can help to keep you
living independently in
your own home!**

WHEN: Fridays,
March 7 – April 25, 2014
(No class April 18)
9:30 – 11:30 a.m.

WHERE: Sheboygan Senior Activity
Center
428 Wisconsin Ave.
Sheboygan

COST: Suggested donation of \$10

For more information or to register,
contact the

Aging & Disability Resource Center of
Sheboygan County.
(920) 467-4100

