



**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: Thursdays
April 10 – May 22, 2014
1:00 – 3:00 p.m.

WHERE: Generations Building
1500 Douglas Dr.
Plymouth

COST: Suggested donation of \$10

For more information or to register,
contact the
Aging & Disability Resource Center of
Sheboygan County.
(920) 467-4100
Or
Generations
(920) 892-4821

