



Stepping On

**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: Wednesdays,
March 4 – April 15, 2015
1:00 - 3:00 p.m.

WHERE: Sheboygan Memorial Medical
Center
2629 N. 7th Street, Sheboygan
Sea Breeze Conference Rm
Enter at Rehab Entrance, North Ave.

COST: Suggested donation of \$10

For more information or to register,
contact the

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



Aurora Health Care®