



# Only Leaves Should Fall

March 7 through March 28 from 1 to 3 p.m.  
Malone Community Center  
JoAnn Maxey Senior Center, 2032 "U" St., Lincoln

This is a modified version of the Stepping On – Building Confidence and Reducing Falls workshop. Topics covered include fall prevention exercise, home and outdoor safety, medication safety and vision. *All ages are welcome.*

## Session Agendas:



**Wednesday, March 7**  
**Living at Home Safely**  
“Fall Prevention Exercises and How to Get Up from a Fall,”  
presented by Physical Therapist  
Sue Jeffrey



**Wednesday, March 21**  
**Keeping Safe Outdoors and Traveling**  
“Personal Safety Systems,”  
presented by Suzanne Frasier,  
Aging Partners



**Wednesday, March 14**  
**Safe Shoes and Clothes**  
“Medications and Fall Risk,”  
presented by Geriatric Nurse  
Practitioner Rita Antonson



**Wednesday, March 28**  
**Community Safety Tips**  
“Vision and Fall Risk,” presented by Larry Roos,  
Nebraska Commission for Visually Impaired

**To register for this FREE workshop,  
call Aging Partners Health and  
Fitness at 402-441-7575.**