



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.**