

# STEPPING ON – BUILDING CONFIDENCE

For more information on any of the Health and Fitness programs or to register, call 402-441-7575.

## What is Stepping On?

Stepping On is an evidence-based fall prevention program aimed at educating participants and building confidence to reduce or eliminate falls.

## Why should I be concerned about falling?

- More than one-third of adults age 65 and over fall each year.
- Falls are the leading cause of injury, hospital admission for trauma, and death among older adults.
- 35 percent of people who fall become less active and independent.

## Who can best learn from Stepping On?

Anyone who is age 60 and over and has had a fall in the past year or is fearful of falling, would benefit from Stepping On. It is designed for people living in a home or apartment and not suffering from dementia.

## What will I learn if I participate?

- Simple and fun balance and strength exercises.
- The role vision plays in keeping your balance.
- How medications can contribute to falls.
- Ways to stay safe when out and about in the community.
- What to look for in safe footwear.

## What are the benefits of participating in Stepping On workshops?

- Learn the most up-to-date information about fall prevention.
- Learn with people your own age.
- Become more aware of fall hazards and learn how your risk of falling can be reduced.
- Learn to step outside with confidence.
- Help others by sharing what has worked for you.



## Only Leaves Should Fall

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.

### Malone Community Center

### Joanne Maxey Senior Center

2032 "U" St.

- Wednesdays, 1 to 3 p.m.

March 7, 14, 21 and 28