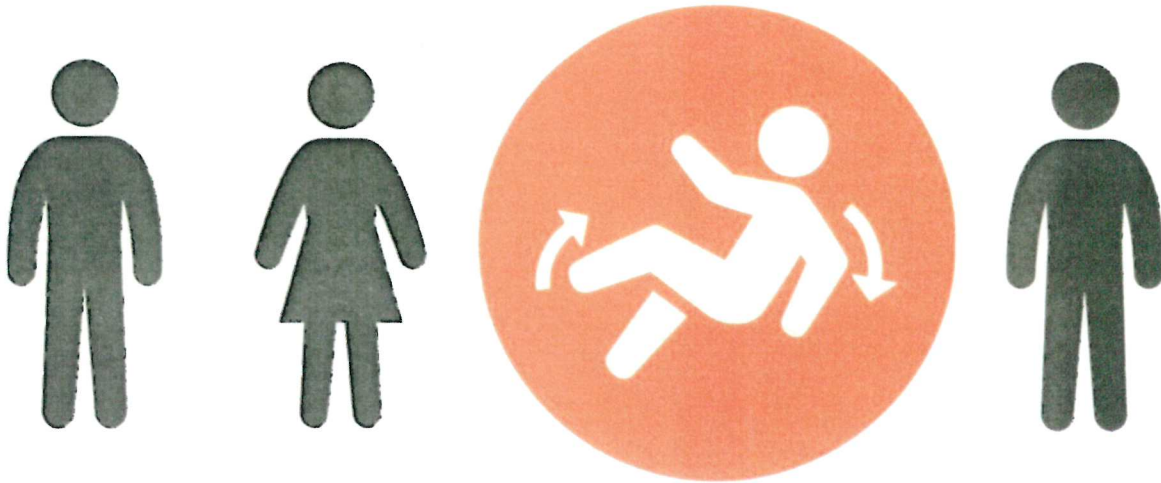


# One in four people age 65 or older has a fall each year.



## Don't be one of them!

### Take a Stepping On Workshop!

Stepping On can help you avoid a dangerous and costly fall so you can keep doing the things you love to do. In just seven weeks, you'll learn:

- ▶ To identify and remove or avoid fall hazards both inside and outside your home
- ▶ How vision, hearing, medication, and footwear affect your risk of falling
- ▶ Strength and balance exercises you can adapt to your individual level
- ▶ To get back on your feet the right way if you do fall

**w|ha**  
Wisconsin Institute  
for Healthy Aging  
A HealthPartners Company

Stepping  
On 

Stepping On has been  
researched and proven to  
reduce falls by 30%!

### Join Us for Stepping On!

Where: Pier 55, Red Wing, MN

When: Thursdays, 1:00 pm to 3:00 pm

May 6 to June 17

Covid 19 Precautions required

To register: Email: Patty Svien

[svien65@hbc.com](mailto:svien65@hbc.com)

Call Pier 55, (651) 327 2255

Sponsored by: Pier 55

Enrollment limited to 8 participants.