

Are You Concerned About Falling?



Did You Know...

- 1 in 3 Adults 65 years and older will fall this year
- Between one third and one half of all older adults have a fear of falling
- Falls should NOT be considered a normal part of the aging process
- **Stepping On** is a proven program designed to build confidence and reduces falls for seniors

Stepping On is a fall prevention program aimed at teaching participants ways to reduce their risk of falling. It is an evidence based program, designed for older adults, proven to reduce the risk of falls by about 31%.

Stepping On focuses on how strength and balancing exercises, medication management, home safety, footwear, vision and mobility are important in preventing falls. As a result of the program participants will increase overall strength, achieve better balance, gain more confidence, and have a greater sense of independence as well as a reduced risk of falling.

UPCOMING **STEPPING ON** CLASSES

Classes meet once per week for 7 weeks — please plan to attend each of the 7 sessions

Urbana Senior Center

Call 301.600.7020

Wednesdays:

beginning April 10, 2019

1pm – 3pm

Emmitsburg

Call 301.600.6350

Mondays: beginning May 6, 2019

10am -12n

Classes are **FREE**

**For More Information or to Register for Classes
Please Call the Senior Center**



Stepping On

Building Confidence and Reducing Falls

FREDERICK COUNTY
SENIOR SERVICES DIVISION

