

Stepping On

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*Building
confidence,
reducing falls*

Learn exercises and strategies to help you prevent falls.



Subjects include:

Simple and fun strength and balance exercises

- The role vision plays in keeping your balance
- How medications can contribute to falls
- Ways to stay safe when out and about in your community
- What to look for in safe footwear
- How to check your home for safety hazards

Benefits:

- Learn to step outside your home with confidence
- Learn with people your own age
- Become more aware of fall hazards and learn how your fall risk can be reduced
- Study the most up-to-date information on falls prevention.

Date:

Tuesdays, Jan. 8-Feb. 19
(7 sessions + 3 month follow-up)

Time:

1-3 p.m.

Cost:

Voluntary Contribution

Course ID: 802

Location:

Whitney Senior Center
1527 Northway Dr.
St. Cloud

Pre-register:

Whitney Senior Center at
320-255-7245

Instructor:

Prescott Handley &
Hanni Epp