

CHANGING MEDICINE.
CHANGING LIVES.®



Stepping On

Building confidence, reducing falls

PLEASE JOIN US

Stepping On is a 7-week workshop series to learn important exercises and strategies to help prevent falls.

WHAT IS STEPPING ON?

Stepping On is a program that has been researched and proven to reduce falls in older people. It consists of a workshop that meets for two hours a week for seven weeks. Workshops are led by two trained Stepping On professionals who partner to provide participants with a quality adult learning environment. In addition, local guest experts provide information on exercise, vision, safety, and medications.

TOPICS INCLUDE:

- Simple and fun balance and strength training
- The role vision plays in keeping your balance
- How medications can contribute to falls
- Ways to keep from falling when out in your community
- What to look for in safe footwear
- How to eliminate fall hazards from your home

March 23 - May 4, 2023 Thursday mornings, 9 AM to 11AM via UI Zoom

REGISTRATION: <https://www.eventbrite.com/e/stepping-on-tickets-533866287437>

Contact Kathy Lee at kathleen-lee@uiowa.edu or call 319-384-5681

REGISTRATION FEE: \$35.00
(covers costs of exercise manual and handouts)

uihc.org   

VNA Visiting Nurse Association

 **UNIVERSITY OF IOWA**
HEALTH CARE