



Stepping On

Building Confidence and Reducing Falls

Learn to Prevent Falls

Attend the “Stepping On” Workshop

Tuesdays October 3rd-November 14th, 2017

1:30pm-3:30pm

Trempealeau County Health Care Center

W20410 State Road 121 Whitehall, WI

Any person age 60 or older who has had a fall or has a fear of falling is encouraged to attend.

Limited to only 12 participants!

Workshop topics include:

- Simple balance & strength training
- The role vision plays in keeping balance
- How medication can contribute to falls
- Ways to stay safe at home & in the community
- Safe footwear, and more

Call Trempealeau County Public Health to register.

715-538-2311, ext. 220 or 877-538-2311, ext. 220

Sponsored By: ADRC of Trempealeau County, Trempealeau County Health Care Center, & Trempealeau County Public Health