

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



It does not have to be you!

Take a **FREE** 7-Week 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 7 weeks, you will 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

SteppingOn

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THE OHIO STATE UNIVERSITY
COLLEGE OF FOOD, AGRICULTURAL,
AND ENVIRONMENTAL SCIENCES

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

Join Us for Stepping On!

Where:

The comfort of your house!
Join us from your computer/tablet/phone by Zoom.

When: Wednesdays,
March 8th – April 19th, 2023

Time: 1pm - 3pm

For Questions or to Register:

Contact Laurie Sidle at
330-264-8722 or
sidle.31@osu.edu or
Kate Shumaker at
330-674-3015 or
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