



**Stepping On** is a national evidence-based program, designed to assist older adults to take control of their falls risk, explore different coping behaviors and encourage follow-through of safety strategies in everyday life.

Class size is limited, and registration is required.

<b>Date(s)</b>	<b>Time</b>	<b>Location/County</b>	<b>Registration Information</b>
Mondays, Jan. 27, and Feb. 3, 10, 17, 24 and March 2, 9, 2020	1:00 – 3:00 PM	Eventide Fargo 5250 32 <sup>nd</sup> Ave S Fargo, ND 58104 Cass County	Contact: Jenny Syverson, Ethos Care Phone: 701.356.3803 jenny.syverson@ethoscare.org
Fridays, March 6, 13, 20, 27 and April 3, 17, 24, 2020	9:00 - 11:00 AM	Senior Citizen's Center 116 S Main St Towner, ND 58788 McHenry County	Contact: Kendra Metcalfe Phone: 701.537.5405 kendra.metcalfe@ndsu.edu
Tuesdays, April 7, 14, 21, 28 and May 5, 12 and 19, 2020	9:00 – 11:00 AM	New Rockford Senior Ctr. 529 1 <sup>st</sup> Ave N New Rockford, ND 58356 Eddy County	Contact: Donna Anderson Phone: 701.947.2454 donna.anderson@ndsu.edu
Tuesdays, April 7, 14, 21, 28 and May 5, 12 and 19, 2020	12:30 – 2:30 PM	New Rockford Senior Ctr. 529 1 <sup>st</sup> Ave N New Rockford, ND 58356 Eddy County	Contact: Donna Anderson Phone: 701.947.2454 donna.anderson@ndsu.edu
Tuesdays, April 21, 28, May 5, 12, 19, 26 and June 2, 2020	1:30 – 3:30 PM	Park River Ambulance Services/Park River Ambulance Building 203 Code Ave N Park River, ND 58270 Walsh County	Contact: Corissa Kruse Phone: 701.284.4570 corissa.kruse@1stcarehc.com