Don’t let a fall cramp your style!

One in four people age 65 or older has a fall each year. You don’t have to be one of them.

Take a 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 seven weeks, you’ll learn:

- To identify and remove or avoid fall hazards in your home and outside
- 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

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

Join Us for Stepping On!

Stepping On is for people age 60 or older and who live independently.

Where: Pioneer Peaceful Haven Community Center
1043 Enterprise Ave. Dickinson, ND

When: Thursdays from 1:00 pm – 3:00 pm

Register: Call 701.483.1543 or 701.456.7665
There is no charge to attend!

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