

## 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 health professionals who are concerned about falls. In addition, local guest experts provide information on exercise, vision, safety and medications.

**Site: John J. Gerlach Center for Senior Health, Westerville Parks and Recreation and Prairie Township Community Center**

### 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 falls hazards from your home

### Is this workshop for you?

**Stepping On** is designed specifically for anyone who:

- + Is 65 or older
- + Has had a fall in the past year
- + Is fearful of falling
- + Lives at home
- + Does not have dementia

### For more information contact:

**Anne Goodman, MPH**  
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## Matter of Balance Evidence-Based to Reduce the Fear of Falling

This program emphasizes practical strategies to manage falls.

Class meets for 2 hours a week for 8 weeks.

Sites: Westerville Parks and Recreation,  
John J.Gerlach Center for Senior Health and  
Prairie Township Community Center

### PARTICIPANTS WILL LEARN TO:

- + view falls as controllable
- + set goals for increasing activity
- + make changes to reduce fall risks at home
- + exercise to increase strength and balance

### WHO SHOULD ATTEND?

- + anyone concerned about falls
- + 60 years or older, ambulatory and able to problem-solve
- + anyone interested in improving balance, flexibility and strength
- + anyone who has fallen in the past
- + anyone who has restricted activities because of falling concerns

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MANAGING CONCERNS ABOUT FALLS

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