Stepping On is an evidence-based program for older adults at risk for falls.

Register Now!

April 11—May 23, 2019
(Every Thursday for 7 weeks)
10am to 12pm
SPACE IS LIMITED!

Stanford Neuroscience Health Center
213 Quarry Rd, Palo Alto

Call 650-724-9369 to register.

What Will I Learn?

• Simple and fun balance and strength exercises
• The role vision plays in keeping your balance
• How medications can contribute to falls
• Ways to stay safe when out and about
• What to look for in safe footwear
• How to check your home for safety

Who can benefit from Stepping On?

• Is 65 years or over
• Has had a fall in the past year
• Is fearful of falling
• Is living in a home or apartment
• Is not suffering from dementia
• Is not wheel-chair bound

For more information, contact Ellen Corman, Stanford Health Care at 650-724-9369.

Evidence-based program was tested on deconditioned older adults only.