



Stepping On

Building confidence and reducing falls

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.