



Facilitators:

Cynthia Woodard, Sarah Ross Moberg



**Lindsborg
Community Hospital**
Salina Regional Health Center

*Partners caring for the health of
the Smoky Valley communities.*

Registration Information

Location: Lindsborg Community Hospital
605 W Lincoln • Lindsborg, KS

Dates: Session 1: March 3-April 14

Session 2: June 2-July 14

Session 3: August 4-September 15

Session 4: October 6-November 17

Time: Tuesdays, 9:30 - 11:30 am

Contact: 785-227-5678



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For more information:

Call Cynthia Woodard

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Stepping On

**Building confidence,
reducing falls**

Join this 7-week workshop where you'll
learn exercises and strategies to help
prevent you from falling.



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Why Should I be Concerned about Falling?

Although falling is very common, it is not a normal part of aging. It can result in injury and can shake your confidence. The threat of falling can be a barrier to safely doing all the things you want to do at home and in the community. That's why preventing falls is critical to maintaining independence.

Did you know?

- More than one-third of people age 65 or older fall each year.
- Falls are the leading cause of injury and hospitalization for trauma and death among older adults.
- 35% of people who fall become less active.
- 40% of people who enter a nursing home had a fall in the prior 30 days.

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 a health professional and a peer leader – someone who, just like you, is concerned about falls. In addition, local guest experts provide information on exercise, vision, safety, and medications.

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 fall hazards from your home



Here's what some workshop participants have to say:

"When I'm walking I still think, 'lift your feet, walk heel-to-toe.' I have stopped falling outside! It has made me more aware of the way I walk."

"Not only did we learn some things about preventing falls, but we had a good time doing it. It was really fun."

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