Stepping On

Lindsborg Community Hospital
Salina Regional Health Center
*Partners caring for the health of the Smoky Valley communities.*

**Registration Form**

***Stepping On Workshop***

**Class dates for 2026 (Tuesdays)**

**Session 1: March 3-April 14**
**Session 2: June 2-July 14**
**Session 3: August 4-September 15**
**Session 4: October 6-November 17**

**Please circle the dates you wish to attend**

**Lindsborg Hospital • David J Nutt Conference Room**

Your Name: _____ Age: _____

Address: _____

City: _____ State: _____ Zip: _____

Telephone: _____ (HOME) _____ (CELL)

E-mail address _____

***Please circle answers:***

1. Do you live in a house or apartment? YES NO
   **Note: If your answer is NO, this workshop may not be appropriate for you. Consider talking with your doctor about having a Falls Assessment and other methods of preventing falls.**

2. Are you able to walk without the help of another person? YES NO
   **Note: If your answer is NO, this workshop may not be appropriate for you. Consider talking with your doctor about having a Falls Assessment and other methods of preventing falls.**

3. Do you use a walker, scooter or wheelchair most of the time indoors? YES NO
   **Note: If you need assistance with a walker, scooter or wheelchair most of the time when walking indoors, this workshop may not be appropriate for you. Consider talking with your doctor about having a Falls Assessment and other methods of preventing falls.**

4. Have you fallen in the past year? YES NO
   If yes, how many times? _____
   **Note: If you have fallen six or more times in the past year, consider talking with your doctor about whether you may benefit from additional individualized assessment or intervention.**

5. Do you have any problems with your vision? YES NO
   **If YES:** please describe what we'd need to do to accommodate your needs in the workshop:

   _____

6. Do you have any problems with your hearing? YES NO

**If YES:** please describe what we'd need to do to accommodate your needs in the workshop

_____

7. How did you hear about the *Stepping On* workshop?

__ friend ___ health care provider __brochure (where picked up?)_____

___family member __ internet __other (please specify)_____

PRINT NAME: _____

SIGNATURE: _____

DATE: _____

**Please mail form to:**
Lindsborg Community Hospital
ATTN: Cynthia Woodard
605 W. Lincoln
Lindsborg, KS 67456

Waiver Release Statement:

I, the undersigned, agree to hold harmless and indemnify the Lindsborg Community Hospital its employees, agents and assigns for any and all damages of personal injury claims, including third party claims, as well as all cost and fees that may be incurred arising out of or as a result of my attendance and participation in the hospital sponsored event, whether damage or injury is intentional or negligent, direct or indirect. I waive any rights to claims, demands, and causes of action whether present or future, known or unknown, and release from all liability Lindsborg Community Hospital and its employees, agents and assigns.

Signature _____ Date _____

CONSENT TO USE IMAGE FOR QUALITY ASSURANCE, EDUCATIONAL OR PROMOTIONAL PURPOSES

By checking the box below, I voluntarily consent to and authorize all persons associated with the Wisconsin Institute for Healthy Aging (WIHA) and Lindsborg Community Hospital (LCH) to videotape or otherwise photograph or record my voice or image in this workshop for quality assurance, promotional or educational purposes only, including use in training manuals and on websites and brochures. Neither my name, nor any other identifying information will be provided unless I provide specific separate consent. I waive any right to inspect or approve the videotape or any of the other photography or recordings or to receive any compensation for my participation.

☐ Yes
☐ No

Signature Date

_____