



Facilitators:
Cynthia Woodard, Sarah Ross Moberg

Class Information

Location

Lindsborg Community Hospital
605 W Lincoln
Lindsborg, KS 67456

Dates

Session 1: March 3 - April 14

Session 2: June 2 - July 14

Session 3: August 4 - September 14

Session 4: October 6 - November 17

Time

Tuesdays, 9:30 am - 11:30 am



Lindsborg
Community Hospital
Salina Regional Health Center

For more information:

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Stepping
On



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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 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."

"It was quite helpful, and managed by two ladies who did excellent and thorough work."

Is this workshop for you?

Stepping On is designed specifically for anyone who:

- 65 or older
- Had a fall in the past year
- Fearful of falling
- Lives at home
- Does not have dementia