



Stepping On

Stepping On offers participants a way of reducing falls and at the same time increasing self-confidence in situations where they are at risk of falling.

In seven, two-hour classes, you'll learn:

- ✓ **Simple and fun** balance and strength exercises
- ✓ **How medications** can contribute to falls
- ✓ **How to eliminate falls hazards** from your home
- ✓ **The role of vision** in keeping your balance
- ✓ **Ways to keep from falling** when out in your community

What participants say:

"When I'm walking, I still think, 'lift your feet, walk heel-to-toe.' I have stopped falling!"

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

"The leaders encouraged us in every way. I will recommend this course to my friends."

Sign up for a Stepping On class:



Go to
yourjuniper.org



Click on
"Find Classes"



Check
"Stepping On"



Click on
"Search"



Stepping On classes are best for any adult who:

- ✓ is an older adult
- ✓ lives independently
- ✓ does not need a wheelchair
- ✓ is without a diagnosed cognitive impairment
- ✓ does not use a walker indoors (cane OK)

Stepping On is an evidence-based program that is proven to reduce falls. Exercises are introduced in week one and then practiced throughout the remaining six weeks. Participants use weights to improve strength and balance throughout the program. The program also includes a follow-up home visit and three-month “booster session” to review achievements and sustain efforts.

Join us for this small-group classes, in your community, with your neighbors.

To find classes in your area visit:

yourjuniper.org

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Helping you achieve your life goals.

Interactive classes that increase your ability to live a full and healthy life.

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