



Learn strategies for increasing strength and reducing falls



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

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

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.”



Helping you achieve your life goals.

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

yourjuniper.org | Toll Free 1.855.215.2174



Stepping On is for you if you are:

- Concerned about falls
- Have had a fall in the past
- Restrict activities because of concerns about falling
- Want to improve flexibility, balance and strength

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

Developed by Lindy Clemson,
OT, PhD, University of Sydney,
Australia. Adapted for U.S. audi-
ences by Jane E. Mahoney, MD,
University of
Wisconsin-Madison