

Stepping On

A free 7-week workshop to learn how to reduce your risk for falling

Is this workshop for you?

Stepping On is a community program that has been proven to reduce falls in older adults. 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. Guest experts provide information on exercise, vision, safety, and medications.

Stepping On is designed specifically for anyone who:

- Is 65 or older
- Has fallen or is at risk for falls
- Lives at home
- Does not have dementia
- Can walk independently (may use cane)

Topics include:

- How to improve your strength and balance
- The role vision plays in preventing falls
- How your medications can cause falls
- Tips on walking safely outdoors
- Reducing fall hazards in your home



2016 Workshops

For questions or for more information,
Please contact:

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or

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Workshop location:

Kiwanis Family House

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Free refreshments!



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