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## What is Stepping On?

**Stepping On** covers topics on improving balance, strength training, home and environment safety, vision and medication review.

Participants will gain confidence in their ability to manage their health and reduce the risk of falls.

The workshop will be led by two trained facilitators from the Aging and Disability Resource Center and Mayo Clinic—Red Cedar.



Many older people have had a fall experience that has shaken their confidence and may have resulted in injury.

Older people understand that the threat of a fall can be a barrier to safely do the things they want to do at home and in the community.

The prevention of falls is vital to maintaining personal independence.



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*Brought to you in partnership  
by: Mayo Clinic Health System  
and  
The ADRC of Dunn County*



## Stepping On

*An effective falls  
prevention program  
for older adults*

*Classes are held  
every spring and  
fall - Call for dates  
and times*



*Building confidence and  
reducing falls*

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## Stepping On—Falls Prevention Education

**Stepping On** is a well researched, evidence-based, falls prevention program. Evidence based meaning the results have been researched, proven to work and published in the Journal of the American Geriatrics Society.

### **Who Can Benefit From Stepping On?**

Anyone who:

- ◆ Is 65 years or older or is a falls risk.
- ◆ Has had a fall in the past year or is fearful of falling.
- ◆ Is living in a home or living in an apartment.
- ◆ Is not suffering from dementia.

## What will I Learn?

### Topics Include:

**Physical therapists** from Mayo Clinic Health System will aid with strength and balance training (3 sessions).

**Vision expert** from Mayo Clinic Health System to discuss the influence of vision on the risk of falling.

**Pharmacist** from Mayo Clinic Health System will talk about medications that increase your risk for falls.

**Community safety expert** will talk about traveling safely in your community.

This program is coordinated by the:



*Wisconsin Institute of  
Healthy Aging*

***Stepping On*** workshop runs once a week for seven week with a 3 month follow up booster session.

For more information about a class near you call the Aging and Disability Resource Center of Dunn County at:

**715-232-4006**

Or Check the Mayo Clinic's wellness class schedule:

***[mayoclinichealthsystem.org/  
locations/menomonie/classes-and-  
events](https://mayoclinichealthsystem.org/locations/menomonie/classes-and-events)***

Or check out :

***[https://wihealthyaging.org/  
stepping-on](https://wihealthyaging.org/stepping-on)***

