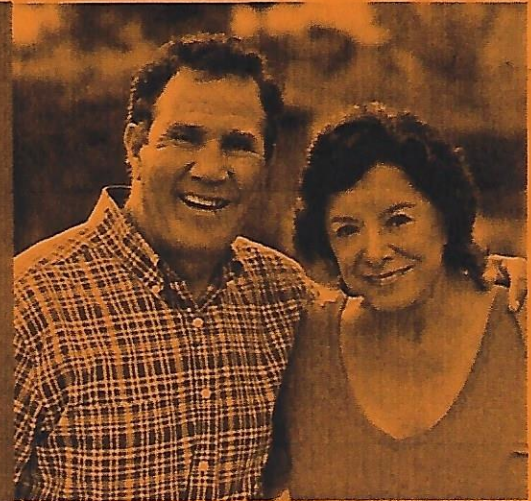


# Stepping On

*Empowering Older Adults  
to Reduce the Risk of Falls*



More than one-third of adults 65 or over fall each year. Among older adults, falls are the leading cause of injury and hospital admissions for trauma and death.

Stepping On is a well-researched falls prevention program. The series consists of seven workshops, once a week for two hours. In small groups, simple balance and strength exercises are combined with education on the safe use of medications, home safety, proper footwear and vision. Participants share mutual support and success, building confidence in their ability to reduce the risk of falls and maintain active and fulfilling lives.

Learn how to build your confidence with this simple, fun and effective educational program.

## Who is eligible for Stepping On?

Older adults, 60 and over, who:

- Live independently
- Are at risk for falling
- Have a fear of falling
- Have fallen one or more times
- Are not suffering from dementia
- Walk independently or may use a cane

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For more information,  
and to register,  
please contact

**Lee Gerardi at CALE:  
(516) 374-4747**

**37 East Rockaway Road  
Hewlett**

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Class limited to 18 participants

RSVP by March 25, 2019

**DATES: Wednesdays, 1:30 - 3:30 pm**

**April 3, 10, 17, 24**

**May 1, 8, 22**



**Northwell  
Health®**