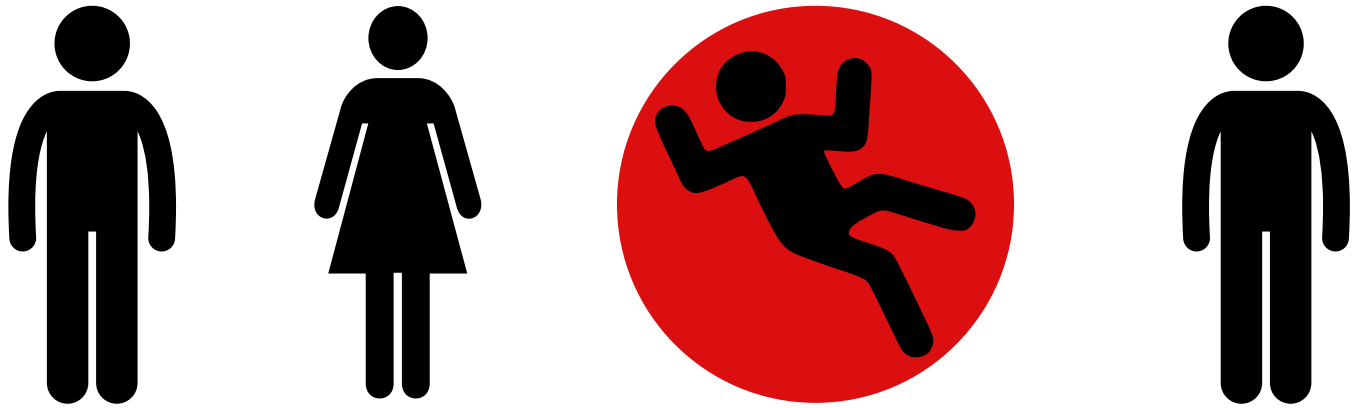


# One in four people age 65 or older has a fall each year.



## Don't be one of them!

### Take a FREE Stepping On Workshop!

Stepping On can help you avoid a dangerous and costly fall so you can keep doing the things you love to do. In just seven weeks, you'll learn:

- To identify and remove or avoid fall hazards both inside and outside your home
- How vision, hearing, medication, and footwear affect your risk of falling
- Strength and balance exercises you can adapt to your individual level
- To get back on your feet the right way if you do fall

**Stepping On has been researched and proven to reduce falls by 30%!**

### Join us for Stepping On!

**Who:** Are you 60 or older?

**Where:** Harrison County Government Center

**When:** Thursdays, beginning August 7

**Registration Required by July 24:** 812-734-3100

Sponsored by:

