

TAKE A 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 in your home or outside
- 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



A FALL COULD CHANGE EVERYTHING

One in four people age 65 or older has a fall each year. You don't have to be one of them.

CLASSES START SEPTEMBER 9TH

DATE: EVERY THURSDAY (UNTIL OCTOBER 21ST)
TIME: 10:00 - 12:00
LOCATION: CLOQUET PUBLIC LIBRARY 320 14TH ST, CLOQUET

**TO REGISTER CALL COMMUNITY HEALTH SERVICES 218-878-2126
MUST MEET ELIGIBILITY CRITERIA**