

Keep Stepping....

Your way to improved health, wellness and mobility

Want to Stay Active? Keep Stepping!

Keep Stepping is a program created to meet the needs of adults aged 60 and older through physical activity, health promotion, and educational activities. Students in the NWTC Physical Therapist Assistant program will carry out the Keep Stepping program under the direction and supervision of NWTC faculty who are licensed as Physical Therapists and Physical Therapist Assistants.

If you want to improve your health, wellness, and mobility, Keep Stepping may be right for you!

Keep Stepping provides:

- Individual health and fitness assessments
- Small group activities focusing on safe, yet progressive aerobic, strength, flexibility and balance exercises
- One-on-one physical activity and health promotion planning and progression
- Educational sessions on healthy aging, home safety, fall prevention and other health and wellness topics

Meeting Days and Dates:

Wednesdays and Fridays, 11:30am – 12:30pm

March 2nd, 2022 through April 29th, 2022

(No class during Spring Break, March 16th and 18th)

Location:

Northeast Wisconsin Technical College

Health Sciences Building, Physical Therapist Assistant Lab

2740 W Mason Street, Green Bay, WI

To Register:

Contact: Cheryl Neyrinck at (920) 498-6283

Note: Medical clearance from a physician is required for participation.