

Stepping On

Upcoming Workshop

**Mondays,
Jan 31 - Mar 14, 2022
10 a.m. - 12 p.m.**

ADRC

300 S. Adams St. Green Bay

\$25 Suggested Donation

(helps offset cost of learning materials)



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Is Falling a Concern? Stepping On Can Help.

Join us for this interactive workshop for seniors age 60 and older that have fallen or have concerns about falling. The workshop covers these topics by local experts:

- **Physical Therapist -**
Will demonstrate, practice, and review strength and balance exercises, how to get up from a fall, walk safer, and cane use
- **Community Safety Expert -**
Environmental and home safety hazards
- **Vision Expert -**
Vision changes and devices to help with vision loss
- **Pharmacist -**
Medication risks known to cause falls
- Identifying home, clothing, and footwear hazards as well as strategies and devices to reduce your falls risk

Want to learn more? Visit us at
www.adrcofbrowncounty.org/events
to view other upcoming workshops.

Aurora BayCare Medical Center

We are  AdvocateAuroraHealth

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Public Health
Prevent. Promote. Protect.
De Pere Health Department



Registration is required. Space is limited.

Deadline to register is one week prior to start date, or upon filling.

Call ADRC (920) 448-4300 to register or for more details.

Reasonable accommodations for disabilities are available, please request 5 days in advance.