

Stepping On

Building Confidence & Reducing Falls

Why Stepping On?

Staying steady and confident is key to living fully. This program offers practical tools to:

- Strengthen balance and reduce risks
- Create a personal action plan for independence
- Build confidence to enjoy daily activities

What to Expect?

Workshops combine education, exercise, and group support:

- Weekly sessions for 7 weeks
- 2 hours each
- Interactive discussions, expert presentations, hands-on practice
- Designed for adults 60+ who want to stay active and safe

Guest experts provide guidance on:

- Strength and balance exercises (Physical Therapist)
- Medication effects (Pharmacist)
- Vision and assistive devices (Vision expert)
- Home and community safety (Safety expert)



BROWN COUNTY
FALLS PREVENTION
PARTNERSHIP

Stepping
On

wiha
Wisconsin Institute
for Healthy Aging

Check for Upcoming Workshops

**Visit us online or
give us a call!**

adrcofbrowncounty.org

920-448-4300

**Registration is
required and space
is limited!**

\$35 Suggested Donation Thanks for being part of our class! Although the suggested donation is \$35, the true value is \$170, and any additional support helps cover costs and expands future opportunities.



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