



Evidence-based Stepping On – Building Confidence and Reducing Falls

Victory Park Center, Classroom 105
600 S. 70th St.

Tuesdays, 2:30 to 4:30 p.m.

September 1 – October 13

This is a community-based fall prevention program intended to educate participants and build confidence to reduce or eliminate falls. Classes meet for two hours, once a week for seven weeks. Participants learn the most up-to-date information about fall prevention.

Workshop topics include simple and fun balance and strength exercises along with information on how vision, medication, safe walking outside and footwear can aid in the prevention of falls.

\$8 suggested contribution per class for age 60 and over and a required \$10 fee per class for those under age 60 (\$70 for the session).

Class size is limited.

Register early by calling 402-441-7575.

Cancellations: Aging Partners reserves the right to cancel an event as needed or due to insufficient reservations.