

# SteppingOn

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## Better Your Balance

### 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.

#### Hear from the Experts

##### **Physical Therapist**

Strength and balance

##### **Optometrist & Pharmacist**

Vision, hearing and medication increase fall risk.

##### **Community Safety Expert**

Avoid hazards in your home

**Register by calling:**

**888-486-9545**

### Stepping On: Fall Prevention Program

Fridays,  
April 5- May 17, 2024  
9:30 AM -11:30 AM

Location:  
South Wood County YMCA  
601 W Grand Avenue  
Wis. Rapids, WI 54495

**\*\* You do not need to be a  
YMCA member to attend.**

