Stepping On

Building confidence and reducing falls

***STEPPING ON* is a well researched evidence-based program for older adults at risk for falls. Program offered FREE!**

May 14 – June 25, 2014

1:30-3:30 pm

Every Wednesday for 7 Weeks

Los Altos Senior Center

97 Hillview Avenue

Los Altos, CA 94022

Room 12

Call 650-947-2797 between 8:30-3:30 pm to register

You Will Learn:

- Simple and fun balance and strength exercises
- The role vision plays in keeping your balance
- How medications can contribute to falls
- Ways to stay safe when out and about in your community
- What to look for in safe footwear
- How to check your home for safety

Admission Criteria:

- 65 years or over
- Had a fall in the past year or are fearful of falling
- Can walk inside without assistance
- Live in a home or apartment
- Does not have dementia

For more information contact: Ellen Corman, Stanford Hospital and Clinics at 650-724-9369

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