



Safe & Healthy at Home: Stepping On Fall Prevention

**Falls are preventable.
Don't wait until a fall injures more than your pride!**

Here at Whole Home Innovation Center, we are committed to helping people live safer, healthier lives at home. Stepping On does just that—in a positive, fun format.



Stepping On is a falls prevention workshop that meets two hours a week for seven weeks. Trained leaders coach you to recognize your risk of falling and help you build the balance, strength and practical skills you need to avoid a fall. Gain the confidence to stay active in your community and do the things you want to do.



Who this is designed for:

- People 60 or older who live independently
- People who have fallen, are concerned about falling, or worry about someone in the home

Who this is NOT meant for:

- People who use a wheelchair full time
- People living with dementia or cognitive impairment

What to expect:

- 2 hours a week of interaction with facilitators and guest experts (and a snack break!)
- Exercise instructions and practice
- Physical items on display
- Easy weekly homework
- A free home assessment offered by our Whole Home Experts



Stepping On is a falls prevention workshop which, according to research, is proven to reduce falls by 30%.

Topics include:

- Balance and strength exercises and how to advance exercises
- Home hazards and solutions
- Vision and Falls
- Community safety, getting out and about
- Shoe and clothing hazards
- Medication management, bone health, and better sleep
- Follow-up home visit (free home assessment)

Guest experts include:

- Physical therapist, vision expert, pharmacist, housing professional
- Community safety expert (often a firefighter/EMT)

**In-person and
Zoom-based
options available**

Register Now! (see back side for dates)

Call our education hotline **513-482-5105** or email us at events@wholehome.org

Sessions available in-person and virtually through Zoom (devices may available upon request)

4628 Paddock Road
Cincinnati, OH 45229
(513)482-5100

www.wholehome.org



Safe & Healthy at Home: Stepping On Fall Prevention

Join Our Upcoming Stepping On Fall Prevention Series
At the Colerain Township Community Center

*Free to participate

This 7-week series takes place every Wednesday from 1pm until 3pm
starting on September 11th
and ending October 23rd

Location: 4300 Springdale Road
Cincinnati, Ohio 45251

*Call **Lisa** to reserve your spot in this worthwhile series: **513-482-5105**

We will take a short break at the half way point of each class to enjoy a
healthy snack.

If you attend 5 of the 7 classes you are also eligible for a free home
assessment and a modest safety enhancement to the home like a grab
bar in the bathroom for instance.

Hope to see you there!

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