

CHANGING MEDICINE.
CHANGING LIVES.®



Stepping On

Building confidence, reducing falls

PLEASE JOIN US

Stepping On is a 7-week workshop series to learn important exercises and strategies to help prevent falls.

WHAT IS STEPPING ON?

Stepping On is a program that has been researched and proven to reduce falls in older people. It consists of a workshop that meets for two hours a week for seven weeks. Workshops are led by two trained Stepping On professionals who partner to provide participants with a quality adult learning environment. In addition, local guest experts provide information on exercise, vision, safety, and medications.

TOPICS INCLUDE:

- Simple and fun balance and strength training
- The role vision plays in keeping your balance
- How medications can contribute to falls
- Ways to keep from falling when out in your community
- What to look for in safe footwear
- How to eliminate fall hazards from your home

EARLY SPRING SESSION

March 5 - April 30, 2020 (No class 3/12 and 4/9)

Thursday afternoons, 1pm-3pm
Conference Room 0301, Lower Level
Iowa River Landing
105 E 9th St, Coralville, IA

TO REGISTER: www.eventbrite.com/e/stepping-on-tickets-89602362077 or
Contact Kathy Lee at kathleen-lee@uiowa.edu or call 319-384-5681

SPRING SESSION

April 10 - May 22, 2020

Friday mornings, 9:30 -11:30 am and
Friday afternoons, 1pm-3pm VNA of
Johnson County
1524 Sycamore Street, Iowa City, IA

TO REGISTER: <https://ezregister.com/promoters/3836/> OR Contact Colette Hartley at
hartleyc@vnaic.org or call 319-337-9686 ext. 1100

REGISTRATION FEE: \$30.00

(covers costs of exercise manual,
handouts, snacks, and rental of
weights)

uihc.org   

VNA Visiting Nurse Association

 **UNIVERSITY OF IOWA**
HEALTH CARE