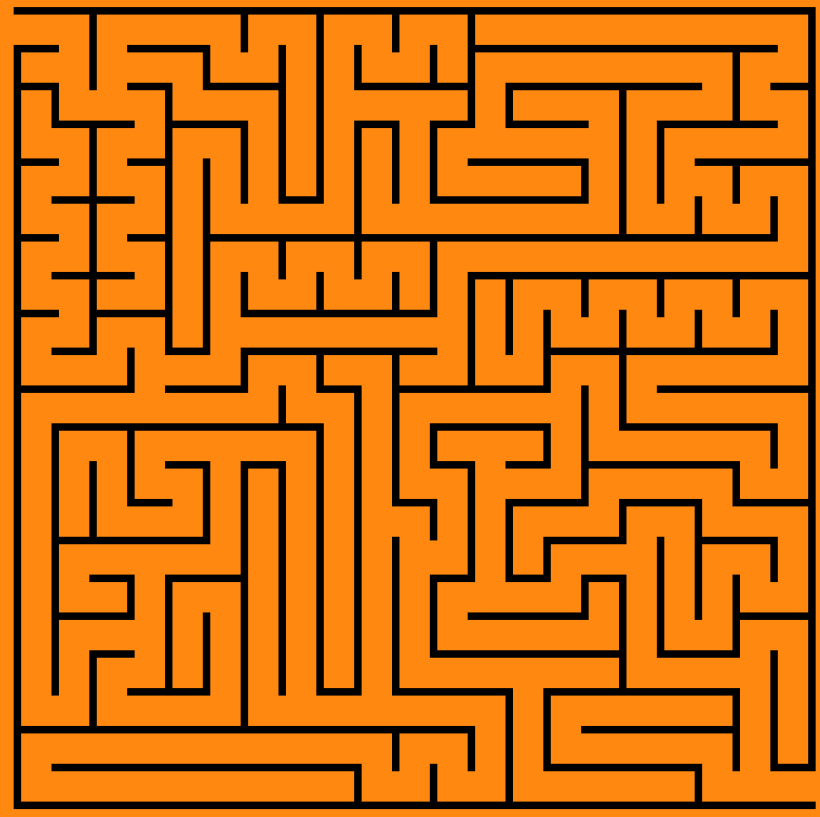




September is Falls Prevention Awareness Month!

Wisconsin has the highest fall death rate among older adults in the United States (CDC).

From Awareness



Stepping On
 Footwear to prescriptions
 Learn how to build and keep the physical strength & balance you need to walk confidently
 Create a personal action plan to stay on your feet & living life the way you want
 SteppingOn
 Learn what increases your risk of a fall, & how to avoid it

Stepping Up Your Nutrition
 Learn how nutrition affects falls
 Why muscle matters
 How to get enough protein & fluid
 What you can do to eat better & improve your health

Stand Up for Your Health
 Learn how too much sitting time affects you and your health
 Understand the benefits of standing
 Strategies to stand up and move more
 How to identify & address barriers
 How to set & stick to goals to stand up and move more

Workshops that can help to prevent falls:

to Action

For more information and to sign up for these classes visit wihealthyaging.org