

STEPPING ON

FALLS PREVENTION CLASS FOR MEN AND WOMEN 55+

Strength and balance exercises.

Learn how to identify and
remove fall hazards.

Learn how vision, hearing, and
more affect your risk of falling.

Learn how to get back on
your feet if you fall.



**For more information, please call
Winnebago County Public Health at
920-232-3000 or email
health@winnebagocountywi.gov**

**Classes at various locations throughout
Winnebago County**

Suggested Donation of \$15



Public Health
Prevent. Promote. Protect.
Winnebago County, WI

