

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.

To get more information
or register please call the
Winnebago County
Health Department at
920-232-3000

Fridays 10:30 – 12:30 pm
March 31 – May 12
Menasha City Hall
100 Main St, Menasha



Public Health
Prevent. Promote. Protect.

**Winnebago County
Health Department**

SUGGESTED DONATION OF
\$15 FOR THE SESSION

