

Stepping On



Building Confidence and Reducing Falls in Older Adults

****FREE PROGRAM****

- Mondays @ 1:00pm – 3:00 p.m.
 - Starts October 3rd ~~September 26th~~, 2016 (for 7 weeks)
 - County Courthouse • County Commissioners Board Room
 - 405 Argentine Street, Georgetown, CO
- Provided by Clear Creek County Public Health

Did you know that 1 out of 3 older adults fall each year?

Prevent injuries, hip fractures and head traumas by joining Stepping On.

Participants in the research-based program have experienced a 31% reduction in falls.

◇ Know your risks ◇ Learn strength and balance exercises ◇ Get advice from a physical therapist ◇ Learn about home hazards ◇ Evaluate your vision needs ◇ Get a medication review ◇ Includes a home follow-up visit and on-going support

Call for more information and to register!

Class enrollment is limited. Call soon!

Laura Robertson, Health Educator (303-670-7539)



Stepping On
is supported by St Anthony Hospital Trauma Services
and the RETAC Injury Prevention Committee



CLEAR CREEK COUNTY
Public and Environmental Health