



# STEPPING ON

## JOIN US IN RENO THIS FALL TO REDUCE FALLS AND BUILD CONFIDENCE



**Stepping On** is a community-based, small group workshop proven to reduce falls and build confidence in older adults.

**Stepping On** is designed specifically for people who are:

1. At risk of falling
2. Have a fear of falling, or
3. Have fallen one or more times

Participants meet for two hours a week for seven weeks. Workshops are facilitated by trained leaders and provide a safe and positive learning experience.

The workshop includes:

- Simple and fun strength and balanced exercises
- Ways to stay safe at home and outside
- Information about how medications may contribute to falls.

**Make plans to attend the next Stepping On workshop  
Tuesdays, Oct. 1 to Nov. 12 from 1 - 3 p.m.**

**Where:** Renown, 10315 Professional Circle in Reno

**REGISTER NOW:** <https://bit.ly/SanfordStepOnFall24>

For more details, email [Wellness.SCA@unr.edu](mailto:Wellness.SCA@unr.edu)

