

Fitchburg Senior Center Offers Program to



Reduce Falls in Older Adults

One in four older adults has a fall each year according to the Centers for Disease Control and Prevention (CDC) and Wisconsin leads the nation in fall-related deaths for people age 60 and older. But the good news is that falls are not a normal part of aging and can be prevented. The Stepping On program, offered in Fitchburg by the Fitchburg Senior Center and Safe Communities of Madison-Dane County, has been researched and proven to reduce falls by 31% and will take place on:

Tuesdays, September 14 – October 26, 2021 from 9:00 – 11:00 a.m. Cost: \$35.

In just seven weekly, two-hour sessions, Stepping On gives participants strategies for avoiding falls including balance and strength exercises, home safety check suggestions, medication review, and more. Guest experts include a physical therapist, pharmacist, low vision expert, and a community safety officer who visit over the course of the seven sessions providing falls prevention information and strategies for avoiding a fall. The workshop is designed specifically for people who age 60 or older and have fallen and/or have a fear of falling. Participants can expect to leave with more strength, better balance, and a feeling of confidence and independence.

To register contact the Fitchburg Senior Center at 608-270-4290 or the fillable form, click here: <https://forms.gle/ARtWkT6uNcHEc9Ty8>

