



# Safe & Healthy at Home: Stepping On Fall Prevention

## Falls are preventable. Don't wait until a fall injures more than your pride!

Here at Whole Home Innovation Center, we are committed to helping people live safer, healthier lives at home. Stepping On does just that—in a positive, fun format.



**Stepping On** is a falls prevention workshop that meets two hours a week for seven weeks. Trained leaders coach you to recognize your risk of falling and help you build the balance, strength and practical skills you need to avoid a fall. Gain the confidence to stay active in your community and do the things you want to do.



### Who this is designed for:

- People 60 or older who live independently
- People who have fallen, are concerned about falling, or worry about someone in the home

### Who this is NOT meant for:

- People who use a wheelchair full time
- People living with dementia or cognitive impairment

### What to expect:

- 2 hours a week of interaction with facilitators and guest experts (and a snack break!)
- Exercise instructions and practice
- Physical items on display
- Easy weekly homework



**Stepping On is a falls prevention workshop which, according to research, is proven to reduce falls by 30%.**

### Topics include:

- Balance and strength exercises and how to advance exercises
- Home hazards and solutions
- Vision and Falls
- Community safety, getting out and about
- Shoe and clothing hazards
- Medication management, bone health, and better sleep

### Guest experts include:

- Physical therapist, vision expert, pharmacist, housing professional
- Community safety expert (often a firefighter/EMT)

**In-person and Zoom-based options available**

## Register Now!

Call or email our education hotline **513-482-5105** or [events@wholehome.org](mailto:events@wholehome.org)

**Sessions available in-person and virtually through Zoom (devices may available upon request)**

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[www.wholehome.org](http://www.wholehome.org)