Do ongoing health problems or the fear of a fall keep you from doing the things you want to do?

If there was something you could do to take control of your health — and your life — would you? **There is!** Sign up for a health promotion workshop near you.

**Stepping On Falls**
**Prevention Workshop**

**When:** Mondays, April 13th through June 1st from 10 am – 12 pm  
(no class May 25th)

**Where:** St. John Lutheran Church, E5221 Church Rd., Algoma (Rankin)

**Cost:** $10 suggested donation

This falls prevention program meets once-a-week for 7 weeks and is proven to reduce falls by 31%. If you’re 60 or older and have fallen or are afraid of falling, this program is for you!

**What you’ll learn:**
- Balance & strength exercises
- How medication & vision affect your fall risk
- How to get up safely if you do fall
- Ways to remove falls hazards at home and navigate safely outside

**To register:**
Call the Aging & Disability Resource Center of the Lakeshore at 1-877-416-7083

---

**Wisconsin Statistics**

- Wisconsin has the highest rate of fall-related deaths in the U.S. – more than twice the national rate. (CDC)

- At least $771 million in hospital charges were attributable to falls in 2015; 70% of these costs were paid by Medicare & Medicaid programs. (Wisconsin DHS)

- 40% of individuals entering nursing homes had a fall in the previous 30 days. (Wisconsin DHS)