**Are you**

**AFRAID of FALLING?**

Stepping On

Tuesday Classes

May 11 through June 15, 2021

1:00-2:00 pm

Offered by Zoom



Facilitator: Kelly Llewellyn, MSN, RN

Call to register: 301-790-8378

Stepping On is a practical workshop. The program covers a range of topics:

 Vision  Safe Footwear

 Home Hazards  Medications

 Strength & Balance  Confidence

You CAN reduce the risk of falls. Learn specific knowledge and skills.

Increase your overall strength; achieve better balance; gain more confidence.

Have a greater sense of independence.

*Building confidence ~ Reducing falls*