

# Education Assisting you to Remain Independent in Your Home



## **Stepping On**

### **A Wellness Workshop to Prevent Falls 2015**

- **Eastern Broome Senior Center, Harpursville, NY  
Mondays, Sept. 14<sup>th</sup> – Oct. 26, 2015 – 9:30-11:30am**
- **Nimmonsburg United Methodist Church, 918 Front St.,  
Binghamton NY, Tuesdays, Sept 15<sup>th</sup> – Oct. 27th 10am – 12 noon**

This evidence based program meets for 2 hours each week for 7 weeks. Strength and balance activities, home safety, bone health, nutrition, footwear, assistive devices plus much more are discussed. A physical therapist, vision specialist, medication and community safety experts discuss reasons falls occur and what you can do to prevent them. The program is facilitated by Registered Nurses. Come, socialize and have fun while you learn. Refreshments will be served. The \$35 registration fee covers all classes and program manual. Accessible meeting rooms.

**To register call Diane at 757-0750 or Donna at 765-4180**