

# Education assisting you to Remain Independent in Your Home



## **Stepping On**

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

- **First Ward Senior Center, 226 Clinton St., Binghamton, NY**  
**Thursdays, Oct 16th - Dec 4<sup>th</sup> 2014 12:45pm- 2:45pm**  
**(no class Nov.27<sup>th</sup>)**
- **The Highlands Community Center at Hilltop,**  
**725 Lee Circle Drive, Johnson City**  
**Tuesdays, April 21<sup>st</sup> – June 2<sup>nd</sup> 2015 10am – 12 noon**
- **AVRE - 174 Court St., Binghamton,**  
**Wednesdays, May 20<sup>th</sup> – July 1<sup>st</sup> 2015 10 am -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 registration fee covers all classes and program manual. Accessible meeting rooms.

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

Program facilitated by Independence Awareness LLC in partnership with Broome County Health Department and Broome County Office for Aging. Special thanks to First Ward Senior Center, The Highlands at Hilltop and AVRE for their support and use of their beautiful facilities.