



Help Yourself to Better Health



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.



Falls Prevention Workshop

When: Mondays:
September 9- October 21, 2019
10 am – 12 noon

Where: Rennes Health and Rehab
1150 Lois Street
De Pere, WI 54115

Cost: \$20 for the 7 week course
(includes all learning materials)

This falls prevention program meets once-a-week for 7 weeks and is proven to reduce falls by 31%.

To register:
Space is limited. Please check availability prior to registering by calling the De Pere Health Department at (920)339-4054.
See registration form on back.

Stepping On is a falls prevention workshop for seniors age 60+ that have fallen or have a fear of falling.

In addition to two trained class Leaders, the workshop covers these topics and includes these local experts:

- ❖ **Physical Therapist**
will demonstrate, practice, and review strength and balance exercises, how to get up from a fall, walk safer, and cane use.
- ❖ **Community Safety Expert**
Environmental and home safety hazards
- ❖ **Vision Expert**
Vision changes and devices to help with vision loss
- ❖ **Pharmacist**
Medication risks known to cause falls
- ❖ Strategies and devices to reduce your falls risk
- ❖ Identifying home, clothing and footwear hazards.



This program is designed for individuals age 60+ who can walk independently in their own home or apartment with or without a device. This program incorporates strengthening and balance exercises and provides great information on preventing falls.

Individuals who have fallen more than 5 times in the past year should obtain clearance from their doctor prior to registering for this program, as individual services may be a more appropriate choice for them.



Registration Form

Call the De Pere Health Department at **(920)339-4054** to ensure the workshop of your choice still has openings before registering, for class questions, or to register by phone with credit card payment. Payment of \$20 is due with registration by check, cash or credit card. Registration deadline is one week prior to start date or upon filling. No refunds after first day of class. If registering and paying by mail, make check payable to **De Pere Health Department** and mail payment with this registration form to: City of De Pere Health Department, 335 S Broadway, De Pere WI 54115.

Name: _____ Birthdate: _____ Phone: _____

Address: _____ City: _____ State: _____ Zip: _____

Email Address: _____

Workshop Name: _____ Dates: _____

Amount Enclosed: _____

Do you walk in your home without a cane or walker? YES NO

Can you stand up on your own and stabilize yourself? YES NO

Do you have any problems with your hearing? YES NO

Do you have any problems with your vision? YES NO

From what clinic, health care provider, individual, or organization did you receive this flyer:
