



Ventura County Area Agency on Aging's Fall Prevention Program presents

STEPPING ON

STEPPING ON is designed for individuals 60 and older who have fallen or who are fearful of falling. Participants have access to a physical therapist who teaches strength and balance exercises, a vision expert, a public safety expert, and a pharmacist who will discuss fall risks associated with certain medications.

Participants should not have dementia and should not be reliant on a walker.

Individuals should be motivated to exercise with gradual use of leg weights at home.

ALL CLASSES ARE FREE

VCAAA
646 County Square Drive in Ventura
Tuesdays
March 12 through April 23
1 p.m. to 3 p.m.

Fall Prevention classes are open to individuals 60 and older, and their spouses (even if under 60).

For more information about the Fall Prevention program, call (805) 477-7300 (option 6), email Fall.Prevention.Program@ventura.org, or visit vcaaa.org/falls.

Brought to you by the Ventura County Elderly Fall Prevention Coalition

