

# **FREE!** Stepping On Workshop

**JULY 12 - AUGUST 23**

**Wednesdays from 1:30PM-3:30PM  
At the Walsh County Extension Office**

**Come join us for 2 hours each  
week for 7 weeks to learn:**

- Balance & Strengthening Exercises
- How medication, nutrition, & vision can play a role in fall prevention
- Potential hazards in your home and community

**Call or stop by today to register!**

(701) 284-4570 or visit the Physical Therapy Department at First Care Health Center on 2nd Floor

Registration can also be completed online by going to [www.ndc3.org](http://www.ndc3.org)

## **Stepping On:**

- Is an educational program designed for individuals aged 60 and older who have concerns about falls and/or had prior falls
- Helps older adults take control of their fall risk, explore coping behaviors, and use safety strategies

**First  Care**  
HEALTH CENTER

**NDSU** | EXTENSION