

# Stepping On



**Do you have a fear of falling?**

**Are you looking to improve your quality of life?**

If so join the new program ***Stepping On***. It is a seven week class that meets for two hours each week. It focuses on the issues that contribute to falls:

- Medication Management
- Vision Problems
- Strength and Balance Exercises
- Safe Clothing and Footwear
- Home and Community Safety Concerns

***Stepping On*** is FREE of charge and has been proven to reduce the number of falls and fall related injuries.

*\* Some restrictions apply. Call for eligibility.*



**Stepping On**

*Building confidence and reducing falls*

For more  
Information Please Call:  
**410-996-5168**

  
**SSCT Cecil County**  
Senior Services & Community Transit



*Stepping On* is made possible through a partnership with the Cecil County Health Department, Cecil County Senior Services and Community Transit and a Fall Prevention Minigrant, Maryland Department of Health & Mental Hygiene.