

Stay steady on your feet!



Stepping On is a FREE 7 week fall prevention program for older adults who have had a fall or are fearful of falling.

Stepping On

What is Stepping On?

Stepping On is a 7 week face-to-face program delivered in the community. It will help you stay independent and learn how to reduce your risk of falling. It is available in English and other languages.

What is involved?

- Weekly 2 hour sessions delivered in your local community.
- Talks from experts on fall prevention topics.
- Introduction to strength and balance training.

Who can join?

- People aged 65+ years, or Aboriginal and Torres Strait Islander people aged 45+ years, who have a fear of falling or have had a recent fall.
- Northern Sydney Region residents who live independently in their own home.
- Participants must be able to walk independently, or with a walking stick.
- Stepping On is not suitable for people with dementia or other neuromuscular conditions; such as Parkinson's Disease, Multiple Sclerosis.



TO REGISTER - visit: nshp.com.au/SteppingOn or call 9450 7050

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INDEPENDENCE

