

Stepping On

# 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.

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## 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.
- Gentle group exercise to improve your balance.

## Who can join?

- People aged 65+ years, or Aboriginal people aged 45+ years, who have a fear of falling or have had a recent fall.
- Participants must live at home in NSW.
- 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.

To register for Stepping On  
call 1800 255 774 or visit:  
[activeandhealthy.nsw.gov.au/so](https://activeandhealthy.nsw.gov.au/so)

Call 13 14 50 to access a free translator

