

# STEPPING ON

Falls prevention class  
for men and women 55+



Strength and balance exercises.

Learn how to identify and remove fall hazards.

Learn how vision, hearing, and more affect  
your risk of falling.

Learn how to get back on your feet if you fall.

To get more information  
or register please call the  
Winnebago County  
Health Department at  
920-232-3000

Fridays 9:00 – 11:00 am  
February 3 – March 17

Menasha City Hall  
100 Main St, Menasha



Public Health  
Prevent. Promote. Protect.  
Winnebago County  
Health Department

SUGGESTED DONATION OF  
\$15 FOR THE SESSION

