



Ventura County Area Agency on Aging's Fall Prevention Program presents **STEPPING ON**

STEPPING ON is designed for individuals 60 and older who have fallen or who are fearful of falling. Participants have access to a physical therapist who teaches strength and balance exercises, a vision expert, a public safety expert, and a pharmacist who will discuss fall risks associated with certain medications.

Participants should not have dementia and should not be reliant on a walker. Individuals should be motivated to exercise with gradual use of leg weights at home.

ALL CLASSES ARE FREE

Oxnard Performing Arts Center
800 Hobson Way in Oxnard
Tuesdays
March 21 through May 2
1 p.m. to 3 p.m.

For more information or to register for classes, call (805) 477-7300, option 6,
or email Fall.Prevention.Program@ventura.org.

Brought to you by the Ventura County Elderly Fall Prevention Coalition

