

# Stepping On Program

## Stepping out with confidence

Stepping On is an interactive, friendly and **Free** community program for seniors, to build knowledge, strength and confidence to remain independent at home. Research shows a 31% reduction in falls after attending this program.

### The Program

- 7 week program conducted by professional staff
- Provides participants with information and practice of balance and strength
- Keeps you independent in the community
- Raises your awareness about nutrition for stronger bones

### What will be covered?

- Reducing home hazards
- Moving safely in the community
- Safe footwear
- Vision and nutrition for bones
- Medication management
- Exercises to improve strength and balance



### Who can attend?

- 65 years and older
- Living at home and able to walk independently or with a walking stick
- Fearful of falling or has fallen recently
- Not suitable for people with dementia

### When?

**Course starting in February.**

Friday 21<sup>st</sup> February – Friday 3<sup>rd</sup> April  
 + one more session on the 29<sup>th</sup> May

- seven (7) weeks
- two hours per week and
- 8<sup>th</sup> session two months later

### Where?

**Venue:**

**Karabi Community Centre  
 29 Aleta Way  
 Seven Hills**

**LIMITED PLACES AVAILABLE – BOOK TODAY!**

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