

FALLS



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1 in 4 adults fall every year.

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Falls lead to broken bones, hospital stays, loss of independence, disability, and sometimes death.

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There are many causes of falls: rugs, medications, vision, lighting, and more.

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Learning how to prevent falls is important.

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Stepping On is a program that shows how to prevent falls. It is proven to reduce your chance of falling.

FIND A STEPPING ON CLASS NEAR YOU
AT WIHEALTHYAGING.ORG

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Wisconsin Institute
for Healthy Aging