

# A fall could change everything

One in four people age 65 or older has a fall each year. You don't have to be one of them.

## Take a Stepping On workshop!

Stepping On can help you avoid a dangerous and costly fall so you can keep doing the things you love to do. In just seven weeks, you'll learn:

- ▶ To identify and remove or avoid fall hazards in your home and outside
- ▶ How vision, hearing, medication, and footwear affect your risk of falling
- ▶ Strength and balance exercises you can adapt to your individual level
- ▶ To get back on your feet the right way if you do fall

Stepping On has been researched and proven to reduce falls by 30%!

Join Us for Stepping On! Cost is *Free!*

Where: Carrington City Library Community Room  
87 8th Ave N, Carrington, ND 58421

Stepping On NDSU | EXTENSION

When: Meets 1:00 p.m-3:00 p.m. every Wednesday for seven weeks in March-May 2026.

March 25, April 1, 8, 15, 22, 29 & May 6.

For class information or to register, visit [www.ndc3.org](http://www.ndc3.org) or call (701) 652-2581.

This project is supported by funding from the U.S. Department of Health and Human Services, Administration for Community Living, Administration of Aging, and granted through the North Dakota Department of Health & Human Services, Aging Services Division.