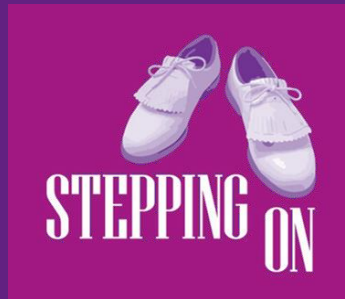
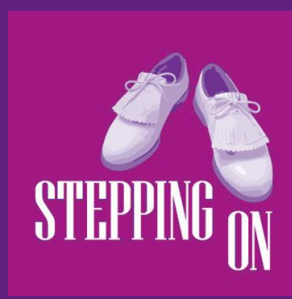
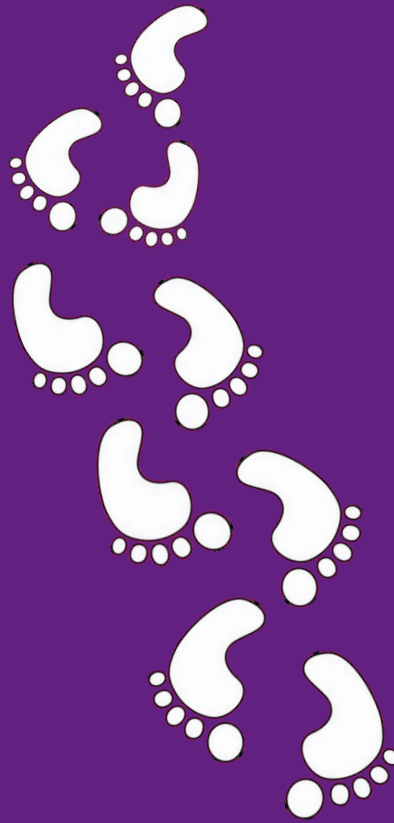


Its Free!

See inside for details on how to register



STEPPING ON
Move about with
confidence



Stepping On © Clemson and Swann 2008

Stepping On is a community falls prevention initiative of the Western Sydney Local Health District

This brochure was developed by Murrumbidgee Local Health District. It may contain images of Aboriginal and Torres Strait Islander people who have passed away.



The program

Stepping On is an exciting, friendly and **FREE** community program run by the Western Sydney Local Health District. This program can help reduce the risk of falling and help you get about at home and in the community.

Who can join?

Anyone who is:

- Aboriginal or Torres Strait Islander person aged 45 and over and any non-Aboriginal person aged 65 and over
- Living at home in NSW
- Able to walk by yourself, with or without a walking stick
- Scared of falling or has fallen recently



What will be covered?

- Making home safer
- Moving safely in the community
- Safe footwear
- Seeing well
- Eating healthy for strong bones
- Know your pills
- Exercises to make you stronger and less wobbly
- Weekly get together for seven weeks and again in two months for a catch up

When, where and who to contact:

Stepping On Coordinator:

Amanda.doring@health.nsw.gov.au

Stepping On Contact:

Navpreet.Kaur@health.nsw.gov.au

Phone: 9840 3603 or 9840 3708

Fax: 9840 3608



Personal benefits:

- Step out and about safely
- Get stronger
- Yarn together
- Become more aware of falls hazards
- Be more independent
- Move safely in the community
- Learn about food for stronger bones
- Right pills, right time

Stepping On works to reduce falls



Health
Western Sydney
Local Health District