

Stepping On

# Stay steady on your feet!



Stepping On is a FREE 7 week fall prevention program for older adults who have had a recent fall.



## What is Stepping On?

Stepping On is a 7 week face-to-face program delivered in the community. It will help you stay independent and learn how to reduce your risk of falling.

## What is involved?

- Weekly 2 hour sessions delivered in your local community.
- Talks from experts on fall prevention topics.
- Gentle group exercise to improve your balance.

## Who can join?

- People aged 65+ years, or Aboriginal people aged 45+ years, who have had a recent fall.
- Participants must live at home in NSW.
- Participants must be able to walk independently, or with a walking stick.
- Stepping On is not suitable for people with dementia or other neuromuscular conditions.

To find a Stepping On program,  
search Active & Healthy:  
[activeandhealthy.nsw.gov.au](http://activeandhealthy.nsw.gov.au)

