



## Ventura County Area Agency on Aging's Fall Prevention Program presents **Stepping On**

Stepping On is designed for individuals 60 and older who have fallen or who are fearful of falling. Participants have access to a physical therapist who teaches strength and balance exercises, a vision expert, a public safety expert, and a pharmacist who will discuss fall risks associated with certain medications. Participants should not have dementia and should not be reliant on a walker. Individuals should be motivated to exercise with gradual use of leg weights at home.

**ALL CLASSES ARE FREE**

**Oxnard Performing Arts Center  
800 Hobson Way in Oxnard  
Thursdays  
October 6<sup>th</sup> – November 17<sup>th</sup>  
1 p.m. – 3 p.m.**

For more information or to register for classes, e-mail [Fall.Prevention.Program@ventura.org](mailto:Fall.Prevention.Program@ventura.org) or call 805-477-7300 option 6.

All classes will follow COVID-19 safety guidelines.

Brought to you by the Ventura County Elderly Fall Prevention Coalition

