

BUILDING BETTER BALANCE



WESTERN MARYLAND
HEALTH SYSTEM

Caring for What Matters Most



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



With Stepping On Classes

A Stepping On class 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 both inside and outside of your home
- 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.

Did you know...

- 1 in 4 adults 65 years of age and older will fall this year
- Falls should NOT be considered a normal part of the aging process
- Stepping On is a proven program designed to build confidence and reduces falls for adults.

Upcoming Stepping On Classes:

Wednesdays 10am-12 noon
Georges Creek Senior Center
7 Hanekamp Street, Lonaconing
July 18- August 29, 2018

Mondays 11am-1pm
South Cumberland Library
100 Seymour St. Cumberland
March 18-April 29, 2019

Thursdays 1:00pm - 3:00pm
Westernport Senior Center
33 Main Street, Westernport
August 30- October 11, 2018

Wednesdays 12:00pm - 2:00pm
YMCA Classroom 2
601 Kelly Road Cumberland
March 20-May 1, 2019

Mondays 1:00pm - 3:00pm
YMCA Classroom 2
601 Kelly Road Cumberland
September 24 - Nov. 8, 2018

Booster Session

Monday 12:30pm - 3:00pm
YMCA Classroom 2
September 17, 2018

Classes are open to ALL. There is no cost.

For more information or to register for a class, please call
WMHS Community Health and Wellness at 240-964-8424.